

Name: Vaishnavi Ashok Jadhav

Roll No: 217

Batch: c2

Depression Speech

What is depression:

Depression is a constant feeling of sadness and loss of interest, which stops you doing your normal activities.

It's estimated almost half of the population suffers from depression at some stage throughout their life.

Rather than joining the cue, we must learn why we get down, and then how we can change it because believe it or not, we create our own negative feelings and we can also ensure that we turn our lives around and be a positive change for others.

The reason anyone gets depressed always comes down to the CONSISTENT thoughts we think, and the CONSISTENT beliefs we hold.

If I believe I am horrible, ugly, and unworthy of love, I will most likely become depressed or have depressed thoughts

If my thought process is "I earn X amount of money to be happy" I might get depression if I don't achieve those goals.

In school, we are taught how to get a job, but no one teaches us how to live in a state of happiness. No one teaches us how important our conscious and unconscious thoughts and associations are.

Is our happiness not worth more than a job?

Yes, it is.

And before you say, happiness won't pay my bills – happiness WILL pay your bills when you realize you will be 10 times more energized, focused and take positive action in your life when you FIRST choose to develop yourself as a priority and THEN get to all the "stuff" of the world.

I've seen some people, who many would consider to "have it all" end their life because they thought they were not good enough.

A thought, a belief within them told them they were not worthy.

These people that many were jealous of, many envious of, were not good enough.

You must value yourself enough, to take the time EVERY SINGLE DAY to work on yourself. To engage in something, that will ensure you are a positive influence on the world.

And at this very moment, there can be anyone or even more people suffering from depression among us. For those people I want them to know that, no matter where you are in life... No matter how low you have sunk... No matter how bleak your situation... This is NOT THE END.

This is not the end of your story

This is not the final chapter of your life.

I know it may be hard right now

But if you just hang in there

Stick it out

Stay with yourself for a little while...

You will find, that this tough moment will pass, and, if you are committed to USING this pain, using it to build your character, finding a greater MEANING for the pain, you will find that, in time, you can turn your life around, and help others going through the same struggles. Remember depression is not the end, it's just the beginning!