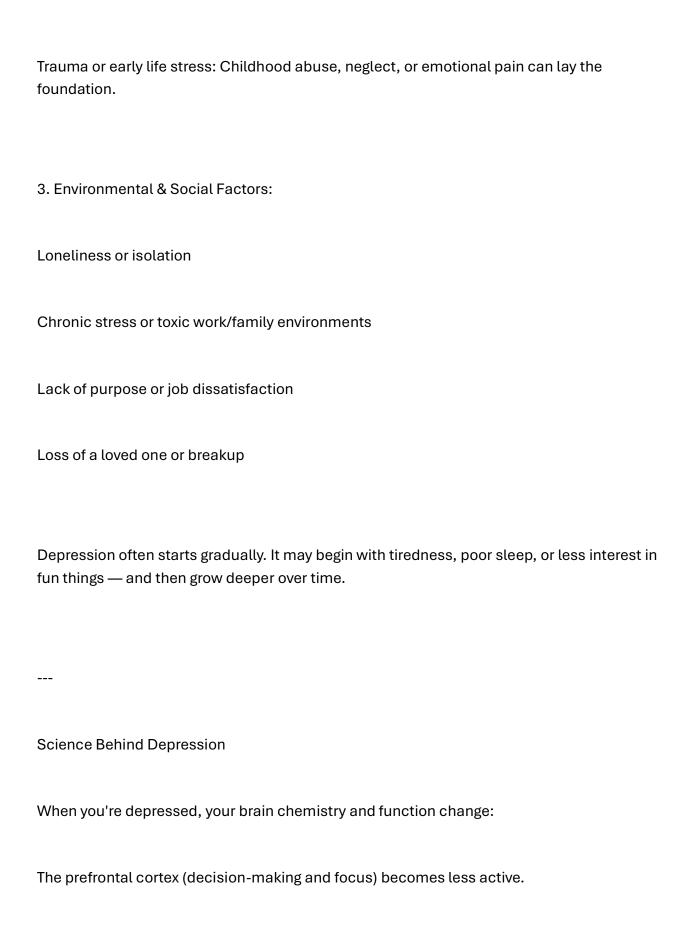
What Is Depression?
Depression is more than just sadness. It's a mental health condition where a person feels persistent low mood, hopelessness, lack of energy, and loss of interest in daily life. It affects how you think, feel, and act — and it can happen to anyone.
Why and How Does Depression Start?
Depression can begin due to a combination of factors:
1. Biological Factors:
Chemical imbalance: Low levels of serotonin, dopamine, and norepinephrine in the brain affect mood.
Genetics: If depression runs in your family, you may be more likely to experience it.
Hormonal changes: Postpartum, thyroid issues, or stress hormones (like cortisol) can trigger depression.
2. Psychological Factors:
Negative thinking patterns: Self-criticism, guilt, or low self-worth.



The amygdala (emotion center) becomes more reactive — increasing fear and sadness.
Neuroplasticity (brain's ability to adapt) slows down, making it harder to break out of negative habits.
Sleep and appetite-regulating areas become disrupted.
This is why depression affects both emotions and physical energy.
How Depression Affects Daily Life
You may feel exhausted even after sleep.
Everyday tasks feel overwhelming (e.g., brushing your teeth, replying to texts).
You may withdraw from friends or stop doing hobbies you once loved.
Negative thoughts like "I'm not good enough" or "Things will never get better" repeat often.
Physical symptoms may include headaches, stomach problems, or pain.

Your self-care routines break down.
Wellness Tools to Help with Depression
(And the science behind them)
These are non-medical, daily practices that rewire your brain and support healing:
1. Gratitude Journaling
What: Write 3 things you're thankful for every night.
Why it works: Increases dopamine and shifts your focus from negativity to positivity.
How to practice: Use a notebook or app; do it before bed to reflect and feel peace.
Here is the link to download wellness tools
https://play.google.com/store/apps/details?id=com.northstar.gratitude

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2. Physical Movement (Walks or Exercise)
What: Walk 10,000 steps a day or do 20–30 minutes of activity.
Why it works: Releases endorphins and serotonin; improves energy and reduces stress.
How to practice: Start with 5–10 minutes daily and increase gradually.
Here is the tool to download.  https://play.google.com/store/apps/details?id=com.google.android.apps.fitness
3. Mindful Meditation / Deep Breathing
What: 5–10 minutes of sitting quietly, focusing on your breath.
Why it works: Lowers cortisol levels, calms the nervous system, improves emotional control.
How to practice: Use guided meditation apps or sit in silence and breathe deeply.  https://play.google.com/store/apps/details?id=com.havabee.breathe

4. Sunlight Exposure
What: Spend 15–20 minutes in natural light.
Why it works: Boosts Vitamin D and regulates sleep—wake cycles, reducing fatigue and low mood.
How to practice: Walk outdoors in the morning or sit near a sunny window.
5. Talking to Someone
What: Share feelings with a trusted friend, therapist, or support group.
Why it works: Talking activates parts of the brain that process emotion and release oxytocin.
How to practice: Schedule regular check-ins or therapy sessions.

