Depression

There is some confusion or misunderstanding when it comes to the topic of depression. Some people confuse “depression” with “sadness” and, when they do, they can sometimes be dismissive of the experience of someone who has depression and be inclined to say something that is insensitive, such as, “Get over it!” Depression is as different from sadness as pneumonia is different from a case of the sniffles. When depression is severe (clinical depression), long-lasting or becomes severe enough where the person who is depressed has thoughts of hurting themselves, it is advised that they or someone they know gets IMMEDIATE help for them in terms of seeking a psychologist, psychotherapist or a psychiatrist. That level of depression requires professional attention and intervention. The level of depression addressed by this app is distressing but is far less severe and dangerous than clinical depression.

The symptoms of depression can vary from person to person, as can the severity of the symptoms. Below is a list of common symptoms of depression:

* Hopelessness
* Helplessness
* Pessimism
* Despair
* Loneliness
* Low self-esteem
* Negative self-concept
* Feelings of worthlessness
* Trouble falling asleep or staying asleep
* Eating too much or too little
* Lack of enjoyment of things you used to enjoy
* Lack of motivation
* Low energy
* Less interest in sex than usual
* Less enjoyment of interacting with others
* Becoming withdrawn
* Difficulty concentrating
* Feeling miserable
* Feeling irritable and tense
* Apathetic
* Disliking one’s life
* Self-critical
* Excessive worry

Depression can be caused by a variety of things, including grief and loss, significant stress, significant changes in one’s life, situational factors or environmental factors. Some depression can be caused or made worse by how we perceive ourselves, our lives, situations and events that we encounter. To address depression that is related to how we perceive ourselves and our circumstances, use the resources from the sections listed below:

* Taking Care of You
* Destroy Emotional Barriers
* Elevate Your Self-Esteem
* Recognize Your Assets
* Discard Emotional Baggage in Your Relationships
* Defeating Your Stress
* Learn How to Solve Problems