Depression is Nothing just lack of expression

**BY SHANTANU RANA**

Starting with the quote of an American Author Fred Rogers “ There are times when explanations, no matter how reasonable, just don’t seem to help.” Our life is going well some of us are satisfied in life. Some are working to achieve the goal to get satisfied. This goal can be anything. It can be a related to achieve great position in life. It can be marrying someone you like or it can be Anything . Person to person things keeps on Changing. These things and materialistic happiness increase the Serotonin level in brain. Serotonin is a chemical which is present inside a human body which is responsible for the happiness in life. If it’s level is low in our body then a person suffers from Depression , anxiety, overthinking also the Disorders like OCD, ODD, Schiziophrenia etc.

But a person comes in Depression and face these disorders when there is something really bad happened in there life. In our Society there is still a taboo that these things does not exist and the people in Depression or facing any disorder just don’t want to do anything in their life. And because of this thinking the sufferer ends his life. It’s because patient’s subconscious mind suppress your conscious mind that’s why the patient become emotionally weak and at last he completely ends his life. Then initially people cry for him and after somedays they think that he or she just don’t want to anything and they were mad. People also think that they were sin to society.

This is the mentality of society but Depression, Anxiety and disorders like OCD, ODD , Schizophrenia can be cured without any medicines. There is also a myth that a person need medicines to cure these disorders but medicines can only remove anxiety They cannot change the thought process of the person who is suffering from these Disorders. When a person is suffering from any disorders for above two months then he should seek professional help . He should go to physiatrist. Your family and friend friends cannot help you. There is also a myth in society that these things happen when your astrology stars are in bad condition and that’s why you are suffering from these disorders. But we need to change the mind that only professional help could cure this. Generally Physiatrist talk with the patient and ask about the events which he faced in his life. Because it is only those events because of which he is facing these disorders. Physiatrist Consult some therapy like Exposure Response Prevention Therapy , Cognitive Behavioral Therapy , Aversion Therapy , Pshychoeducation , Systematic desensitization and many more. By Doing these therapies patient overcome his depression, anxiety and disorders like OCD and ODD in just 7-8 months . These therapies allow patient to get rid of those negative thoughts which are giving an uncomfortable state in mind.

At last I want to say that no medicine can cure yourself it is only you who can use the hidden power inside your brain.