

ARE YOU DEPRESSED OR JUST SAD?



Many people confuse sadness with depression but the alike sounding terms are totally different from each other. Depression is when you shouted loud but no one heard you. Depression is when you start losing interest in your favourite activities. Depression is when you start to stay away from your loved ones. While sadness is just a temporary feeling. In this modern world where families are getting smaller and facebook friend circles are getting larger ; depression is very common. People are getting less concerned about each other and prefer to judge each other. As a wise man once said "We should stop expecting people to be nice with us because we were nice to them. It's like expecting a lion to not to kill you because you didn't kill him." Depression is a sign of static understanding about life. When you feel everything in life is dead, static, there is nothing more, nowhere to go, that is when one gets depressed. When things don't work the way we wanted them to work; we get disappointed. Our mind tortures us by reminding about our failures and bad incidents. This leads to depression. But how can we stop thinking about those incidents and failures? Ask yourself.

HOW TO DEAL WITH DEPRESSION?

You have got to start thinking like you're blessed, talking like you're blessed and acting like you're blessed. That's how blessings get activated.

1. HAVE A GOOD ROUTINE

- Have a sound sleep of 8+ hours. It may be difficult at first to sleep early but soon you will get habitual to it.
- Drink 2L minimum of water a day
- Get sun daily
- No sugar
- Read 30 minutes daily
- workout 3X/ week
- Eat fruits and green vegetables
- Meditate for 10 minutes daily.

2. TALK TO YOUR FRIENDS , RELATIVES OR PARENTS

Share your feelings with someone whom you trust. If you share your feelings you will feel lighter. It may sound difficult at first but try it once as it really works. You may feel that if you share your sadness with your loved ones they may get tensed about you. But this is just a illusion that your brain has made.

3. READ INSPIRATIONAL BOOKS AND WATCH MOTIVATIONAL VIDEOS

If you still don't feel like sharing your thoughts with anyone ; you can watch some amazing MOTIVATIONAL VIDEOS on YouTube. You can even read inspirational books. You can read Bhagwad Gita irrespective of your religion. Its not just a religious book ; its a way of living. You can even try out some other inspirational books.

4. CHANGE THE PEOPLE AROUND YOU

Sometimes you may be depressed because of the surroundings in which you are. If a seed couldn't turn into a plant its not because of seed, its because the seed is in wrong environment. Go out and socialize. Make new friends who know lesser about your past. If you can't change the people around you, change the people around you!

5. TRAVEL OR DO WHAT YOU LOVE!

- Travelling is the best way to overcome any problem. Roads have answers to your every question. You will meet new people, new roads and new destinations. Try out some nature oriented travel destinations.
- You can also try to pick up the things you loved again even if you think you don't have enough time to do that. People are never too busy, its just about their priorities. You can pick up your old hobbies.

6. **EXERCISE OR PICK UP YOUR FAVOURITE SPORT**

- If you are good at sports; play your favourite sport. And even if you are not! Start to learn! As Rome wasn't built in a day. Even the hardest pain disappears when you play sports. That's why people rate sports much more than anything.
- If sports is not your cup of tea. Start to exercise on daily basis. You may feel fatigue at first but this would really help!

7. **COOK**

You can make delicious food for yourself! Cook happy foods and make yourself happy! Eat chocolates, ice cream, fruits, etc. Make good healthy salad for yourself! Learn to cook.

8. **KNOW AND LOVE YOURSELF**

You are never your own original version. You perceive yourself as people perceive you. Never copy anyone. Know your own interests and know yourself. Spend some time with yourself and find out what you really want. Keep your devices aside and think about yourself for only 10 minutes a day. Talk to yourself! Talking to yourself isn't just normal, it's good for your mental health — if you have the right conversations.

9. **WORK ON YOUR PROS**

Don't be jack of all trades master of none. Work on what you are good at. If you work on something you are not good at, it may make you more depressed. As Bruce Lee said, "I fear not the man who has practice 10,000 kicks at once, but I fear the man who has practice one kick 10,000 times."

10. **LISTEN TO SOME GOOD MUSIC OR PODCASTS OR WATCH SOME INSPIRATIONAL MOVIES.**

- Music is not just some pleasant sound but an amazing feeling. You can listen to your favourite songs. You can play some inspirational songs.
- You can listen to some life related podcasts or watch movies like pursuit of happyness ,Zindagi na milegi dobara, dear zindagi, Forest Gump , etc. This would really change your perspective about life.

Even after trying all this things you still don't feel good, it is highly recommended to **SEEK SOME PROFESSIONAL HELP**. Seeking professional help may be difficult for some people as the society still doesn't understand depression really. But society will always judge no matter what you do. So go for it. At the end of the day, its your life. As a wise man once said:

" LIFE ISN'T MEAN TO BE EASY , ITS MEAN TO BE LIVED. SOMETIMES HAPPY, OTHER TIMES ROUGH...BUT EVERY UP AND DOWN YOU LEARN LESSONS THAT MAKE YOU STRONG"

- Drashti Panjrolia

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