What is Depression & Anxiety? How We Can Cure Anxiety Without Medicine

Normally we can define anxiety or depression that someone is mentally not very well or we can also say that there are some behaviour changes of that special person. It can be a different sign-on different person but we can say that both are struggling with the same problem.

Commonly when someone falls in depression for firstly he started avoiding the people around him or her and he can do same behave of avoidance with his family person too, If Any family members doing first time these kinds of behaving it's mean he may be getting in depression and the reason can be anything.

It is also possible that person is also not sure that why he is in depression or why he is doing this. But when this goes for the next 3-4 months that person will be totally under the control of this anxiety and now he will start living alone mostly than ever before.

How Should We Treat a Person who is In Same Problem-?

1 Don't Let Him Alone- If you are family members so can handle well with the person, Like as I discussed earlier the person who is suffering from [anxiety](https://buyxanaxpillsnow.com/shop/buy-xanax-online-alprazolam) will try to ignore his family members and want to be alone but that time we have to not let him alone for a long time

2. Discuss With Him About This- We have to give some time for the person, sit with that person for some time, and then start talking about what changes have come to his thinking so that we can actually understand his mental condition.

3. Convince Him to Met with Physictric - Most people want to hide all things and don't want to discuss with anybody because they think that no one can help them to come out from it.

4. Only the Mental health expert can understand the problem and he is the only person who can convince him to start the treatment. So as soon as possible contact the mental health expert.

5. Along with these all steps we should take a diet chart from the specialist and according to those we have to take care with the person and also ask the patient to go outside for do some exercise and we can also ask him to go for some shopping or in marriage so he may get well soon from his [anxiety and depression](https://buyxanaxpillsnow.com/shop)