

# A Depression FREE World

An Innitiative By  
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# Suffering From Depression?



Scroll down



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# SECTION

1

# What is Depression?

creepiness... ?

*Or mental strain ...?*

*Or emotional breakdown... ?*

*Or Mind blockage... ?*

*or physical pain... ?*

What do you want to call it ?

A photograph of a person sitting alone on a bench in a park. The person is hunched over, head down, appearing very sad and distressed. The background is a blurred landscape of trees and grass.

Grief...

Frustration...

Anxiety...

Anger...

Resentment...

Fear...

Tension...

Stress...

Breakdown...

Pain...

Suffering...

Loneliness...

Worry...

Sadness...

displacement...

disorientation...

Imbalance...

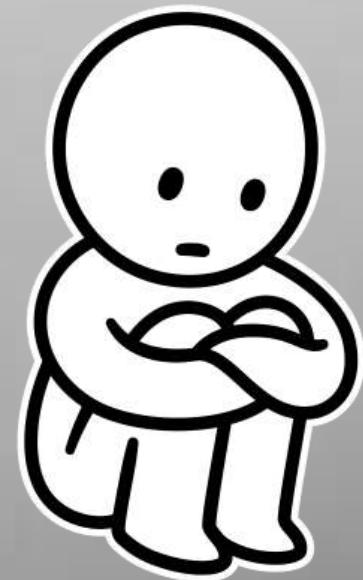
rejection...

feeling of unwantedness...?

Depression is one such thing where

Heart sinks...

Body feels the oppression...



and the Soul suffocates...

# From where does this arise?



Mind?



Soul?



Body?



Heart?

# Is Depression Treatable?





Depression can be treated !



Depression is a common  
&  
serious disorder.

Depression  
takes a big toll in suffering,  
costs industry billions of dollars,  
And  
can lead to suicide in some severe cases.



Friends

Family



Work



Health



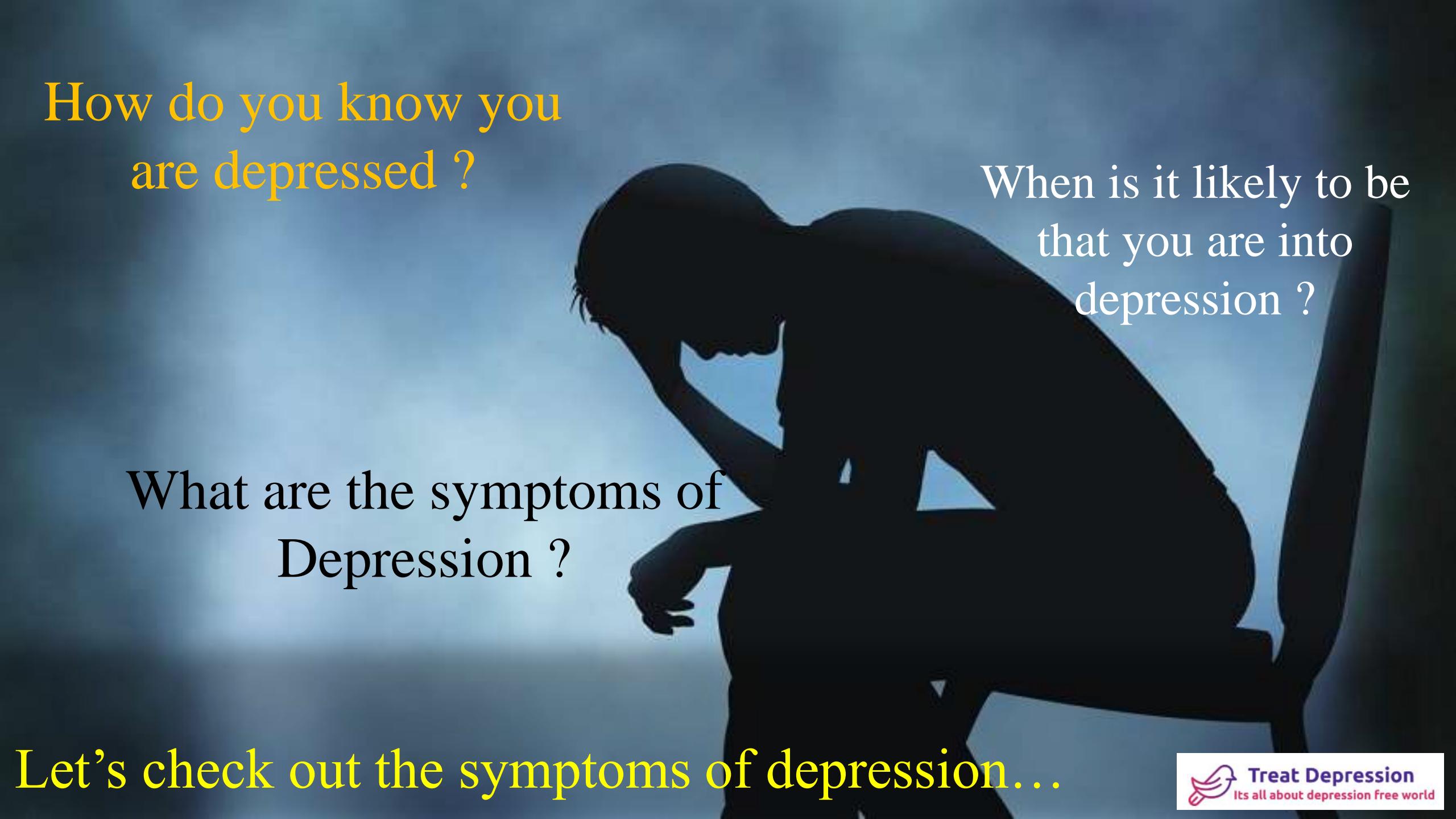
can all be seriously  
impacted by the disease.

If you are reading this book and  
you are experiencing depressive symptoms,  
but have not been diagnosed with depression  
or started in treatment:

Please continue to  
read through this  
book

# **SECTION**

# **2**



How do you know you  
are depressed ?

When is it likely to be  
that you are into  
depression ?

What are the symptoms of  
Depression ?

Let's check out the symptoms of depression...

Scientific research shows that depression affects certain centers in the brain that affect

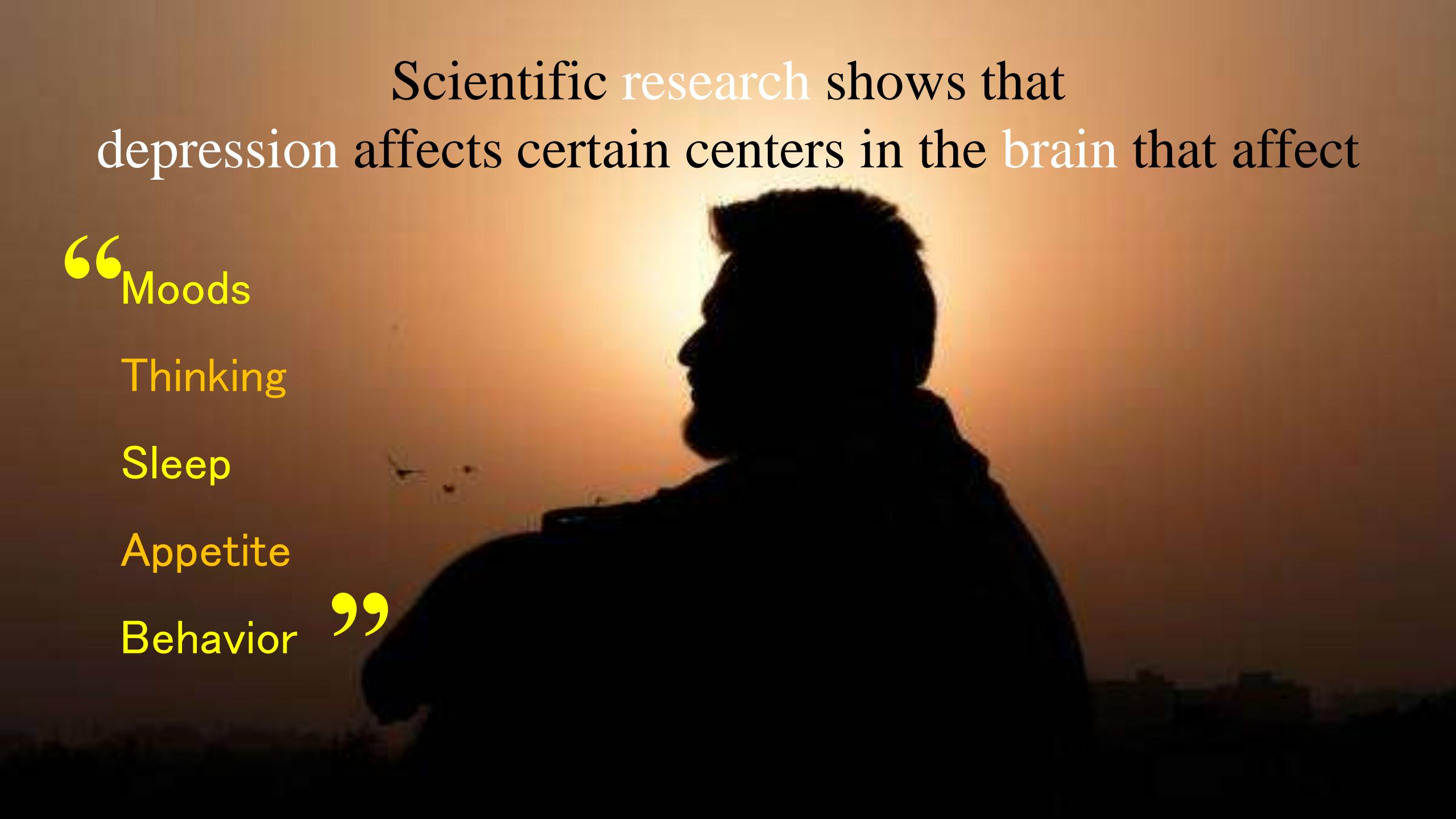
“Moods

Thinking

Sleep

Appetite

Behavior ”





You are not alone:  
**“Depression is a common disorder”**

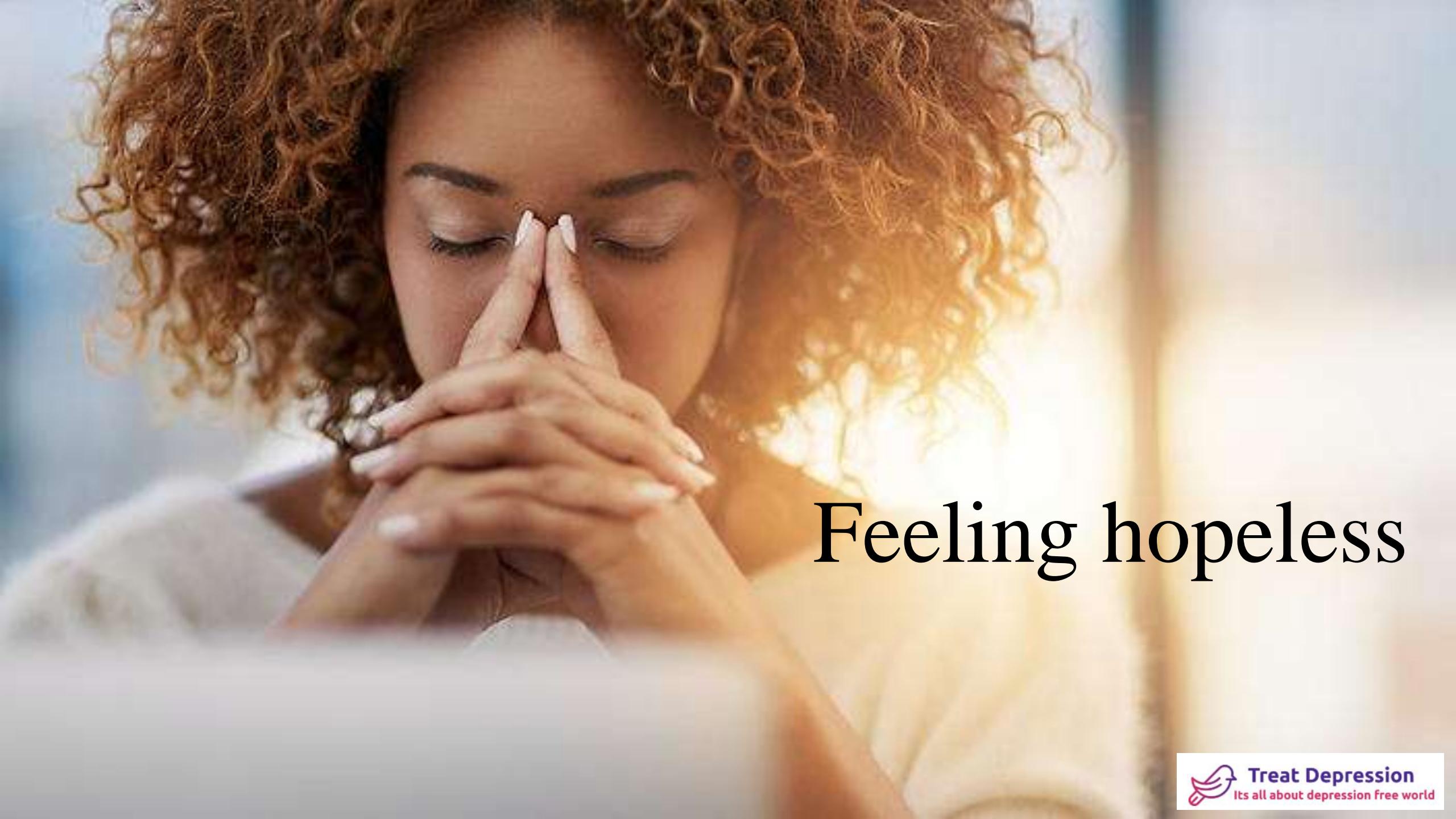


# *Symptoms*

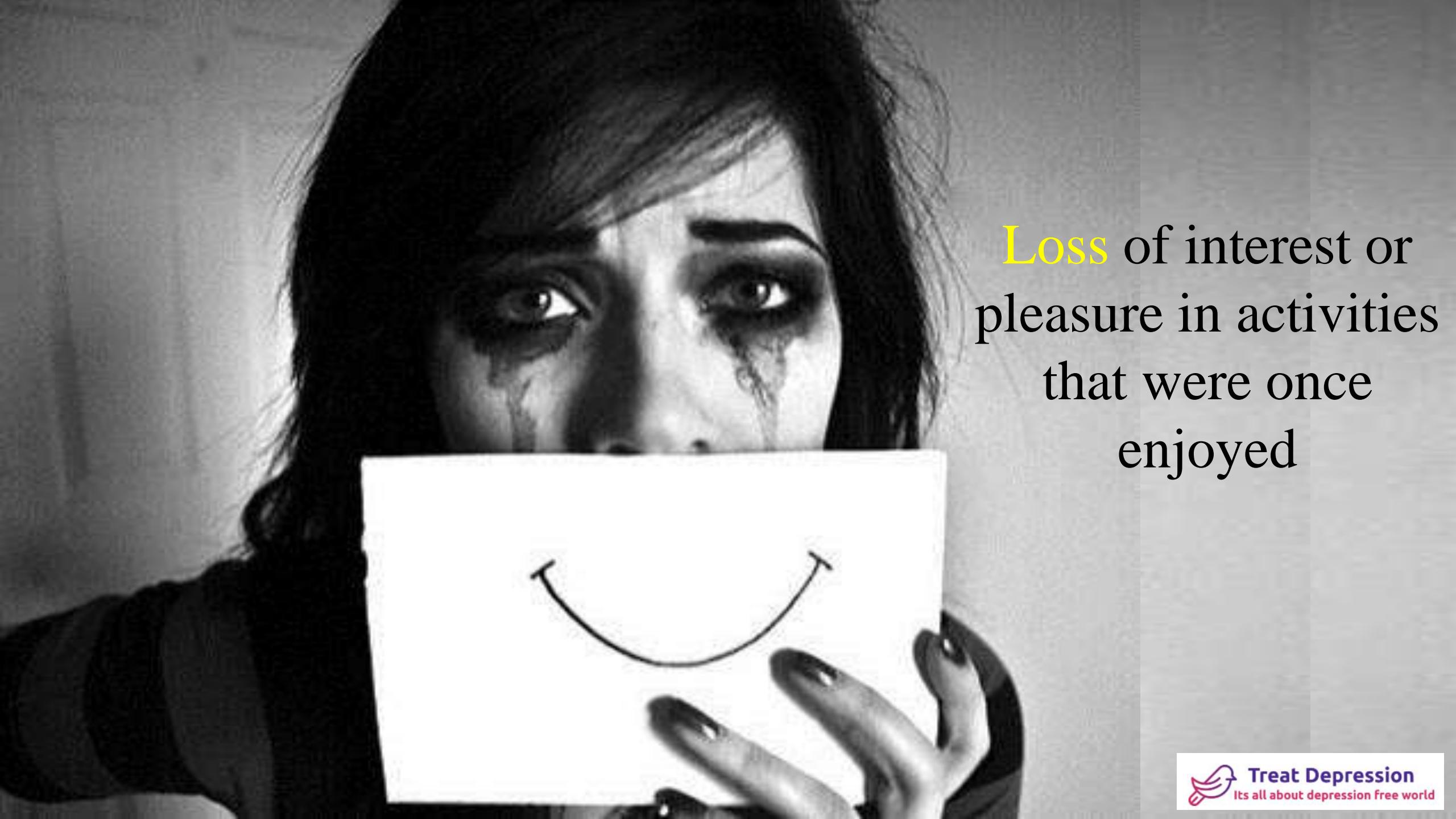
- *Not everyone who is depressed experiences every symptom.*
- *Some people experience a few symptoms, some many.*
- *Severity of symptoms varies with individuals and also varies over time.*

**“Sad mood, frequent crying”**





Feeling hopeless



**Loss** of interest or  
pleasure in activities  
that were once  
enjoyed

# SECTION

3

Too many  
Side Effects  
eh!

Why Me?????



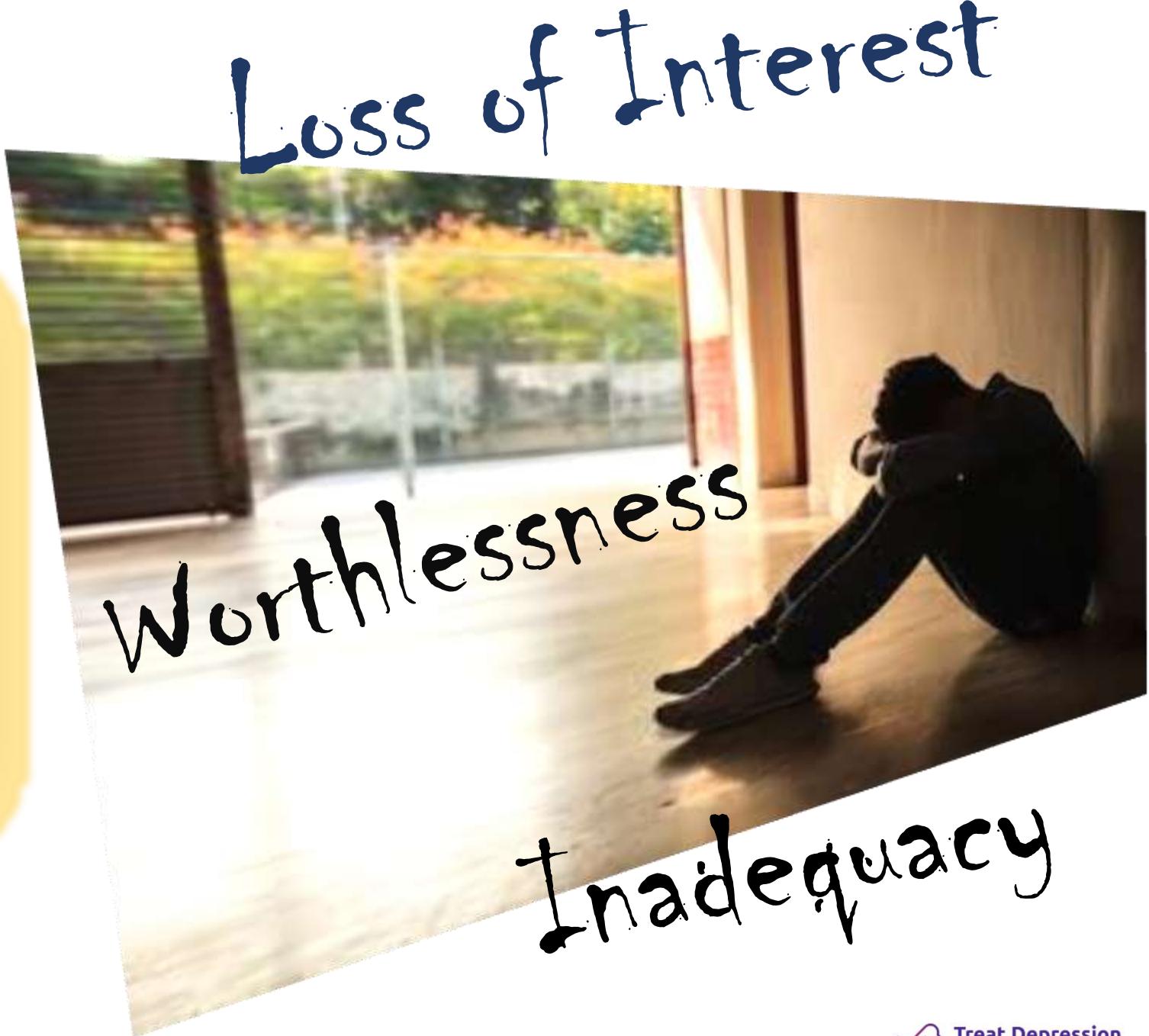
W  
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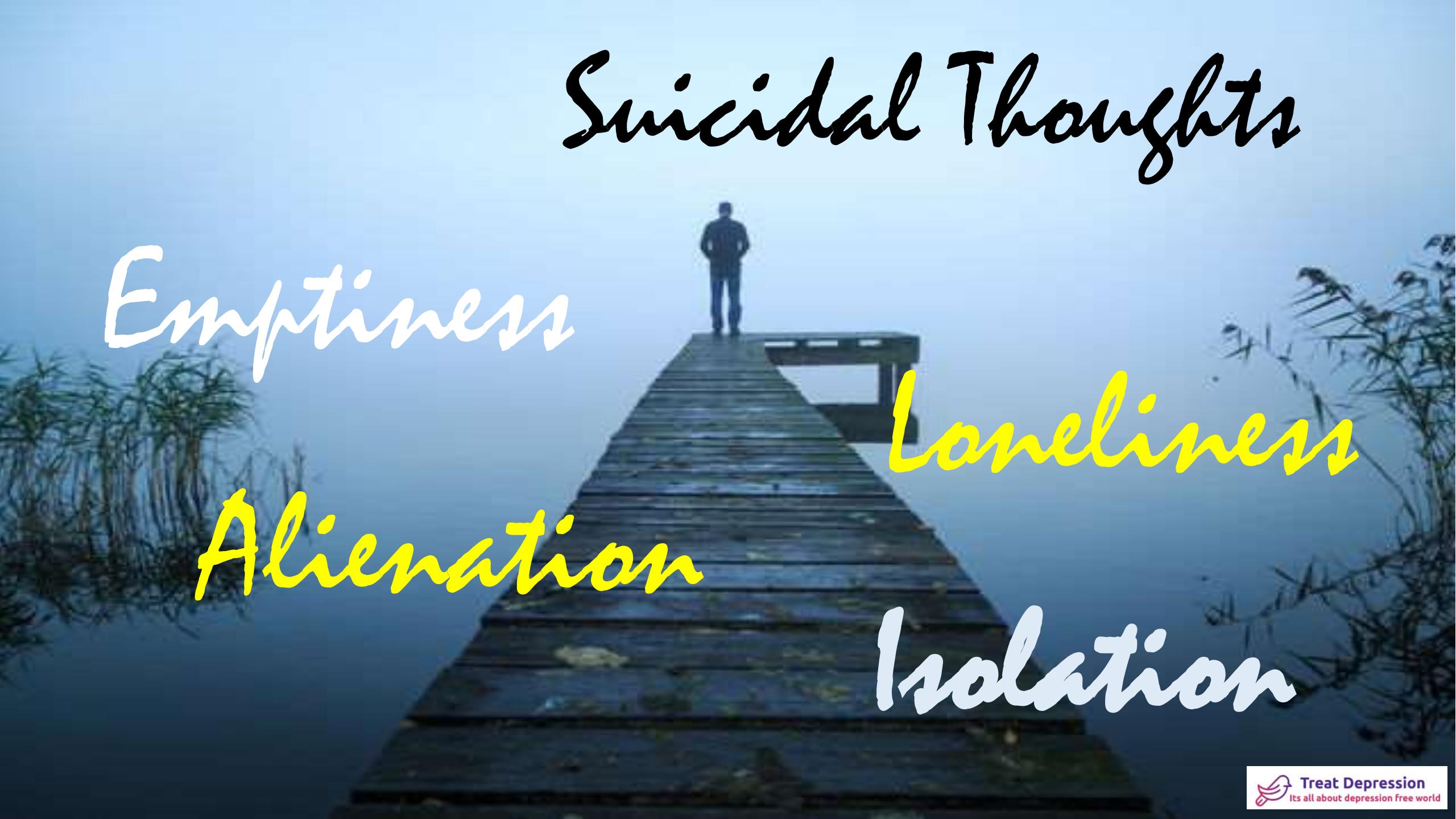
WE ALL HAVE A STORY TO TELL...  
WHETHER WE WHISPER OR YELL.

Rotten Sadness



Helplessness





# Suicidal Thoughts

Emptiness

Alienation

Loneliness

Isolation



**Over-Worry**

**Over - Sensitive**

**Nervousness**

**Over - Anxious**

**Always Brooding**

# Loss of Appetite



# Eating too much



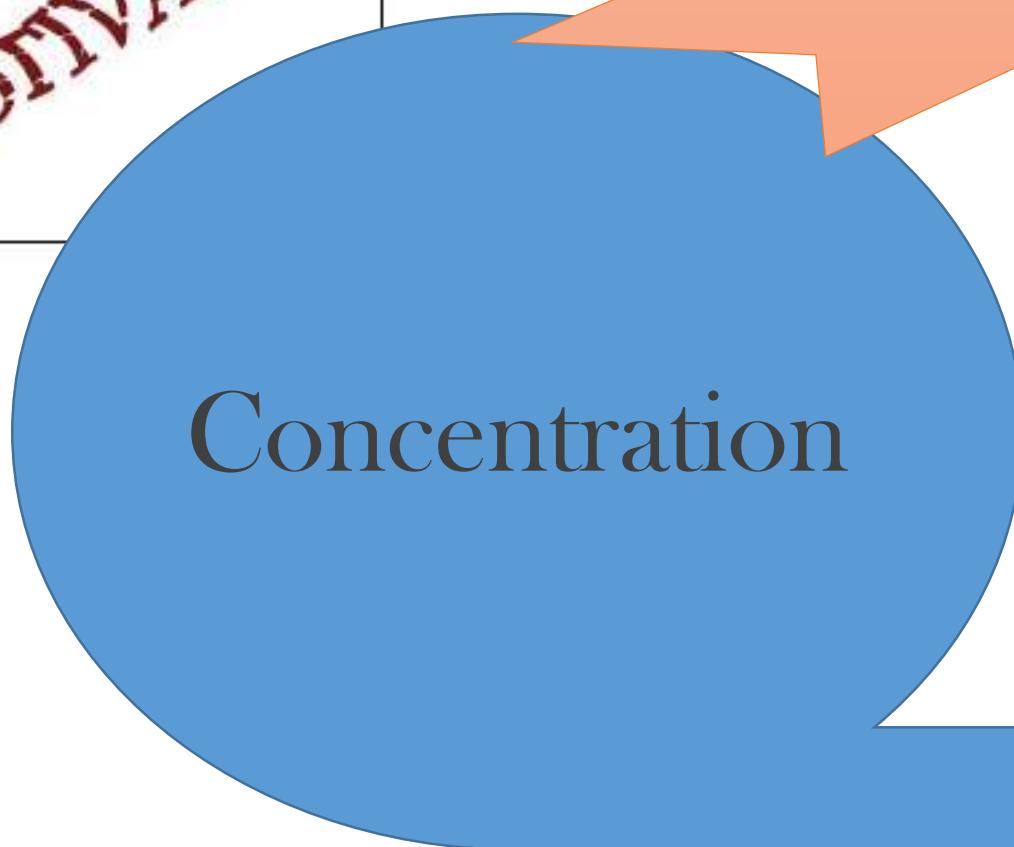
# Weight Loss



# Weight Gain

# MISSING:

MOTIVATION



Concentration

*Creativity*

Endurance  
Endurance

Focus

emotional/psychological      criminal

social

sexual

verbal

threats

victim

assault

physical

financial



**ABUSE**



Anger

Irritation

Insecurity

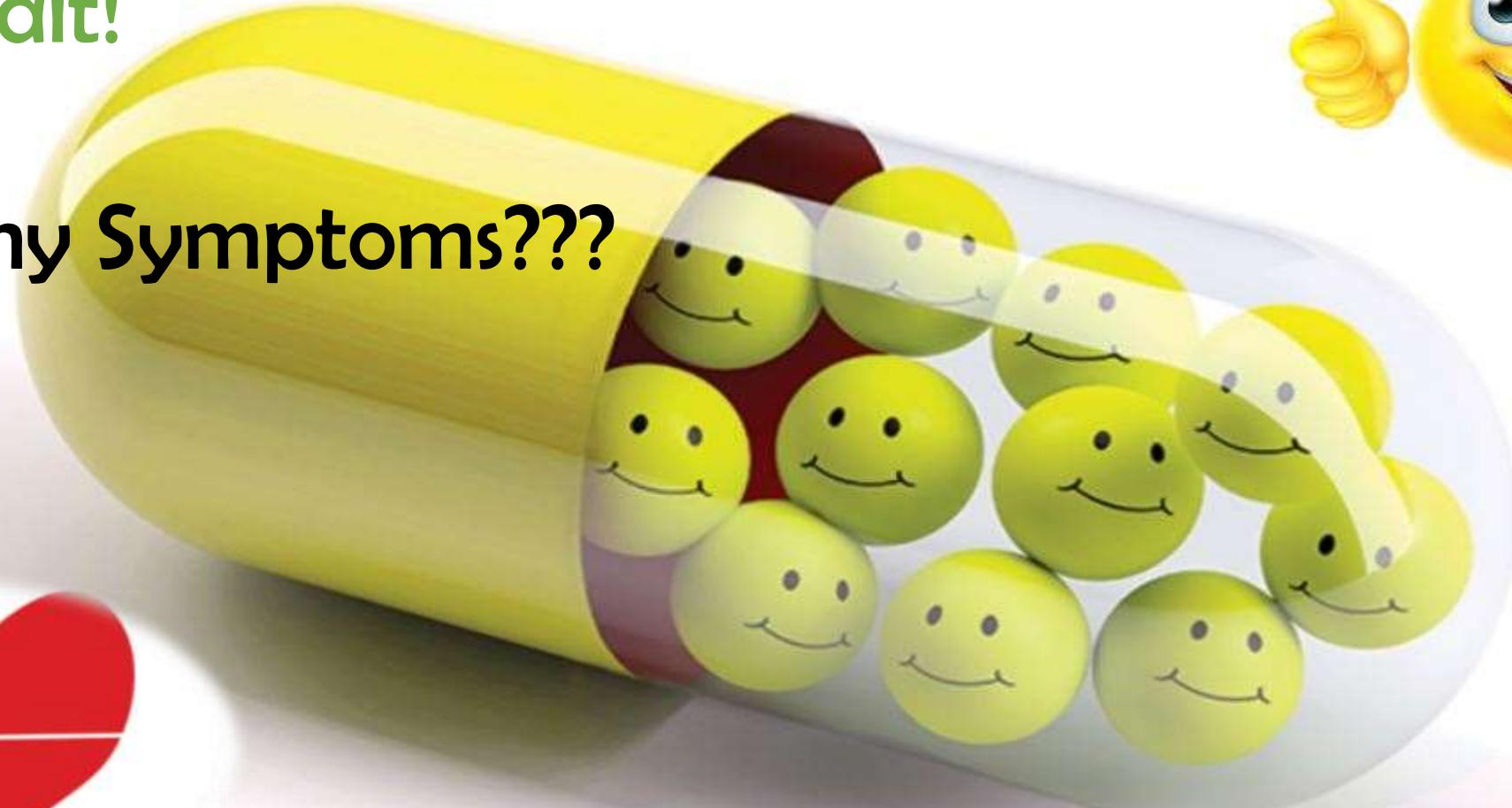


# **SECTION**

**4**

**Wait! Wait!**

**Too many Symptoms???**



**Pop some happy PILLS**



# Express Yourself

Relax... Ahhhhhh!

Open Up  
Open Up

A close-up photograph of white cherry blossoms against a clear blue sky. The flowers are in sharp focus, showing their delicate petals and yellow stamens. The background is a solid, bright blue.

Scream into the sky

openly

LET  
GO !

Make room for a  
BETTER YOU

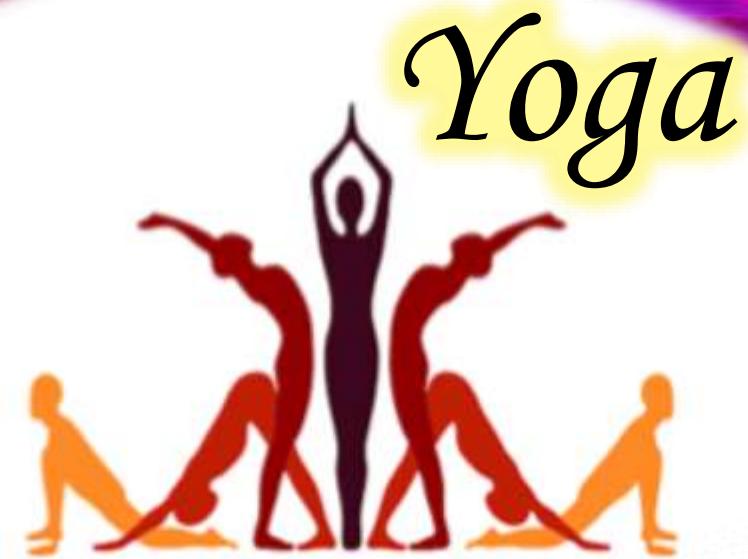


**SPEND SOME TIME IN:**

*Self -Reflection*



Meditation



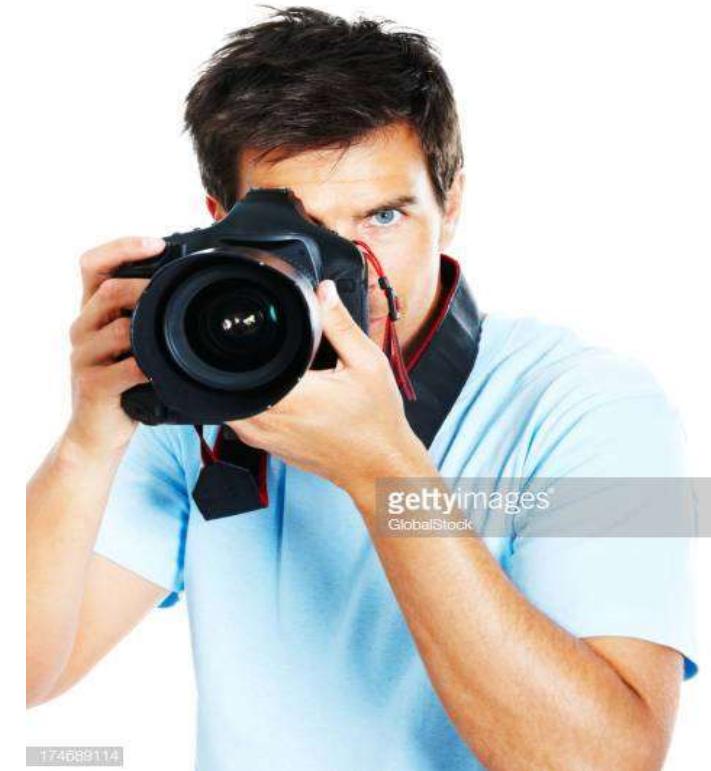
*Take a Selfie*



Click some photos and paste them  
on your walls , in your slam book



**YOU WERE BORN  
TO BE REAL, NOT  
TO BE PERFECT.**



174689114



Go for long  
outings...  
Picnics...Tours....



Have

A wide-angle photograph of a serene mountain lake. The left side of the image shows a green, forested hillside with a dark tunnel entrance at the bottom. The right side features a large, rugged mountain peak with patches of snow and vegetation. The lake's surface is calm, reflecting the surrounding mountains and the bright blue sky above, which is dotted with a few wispy white clouds.

Allow **Nature** to capture your **heart** and **mind**...

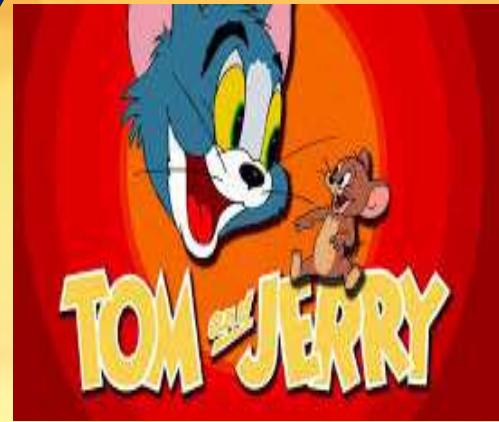
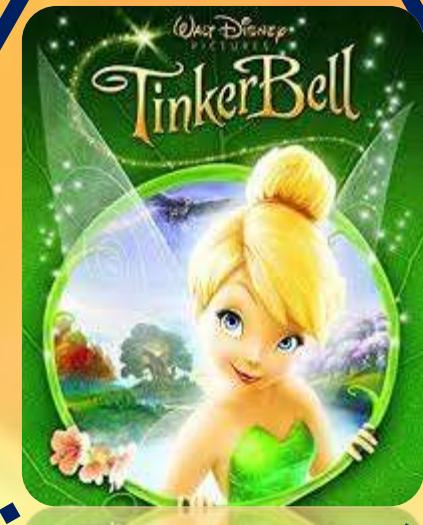
*Let your Soul arise!!!*



Enjoy



Watch



 Treat Depression  
It's all about depression free world



# Socialize



 Treat Depression  
It's all about depression free world

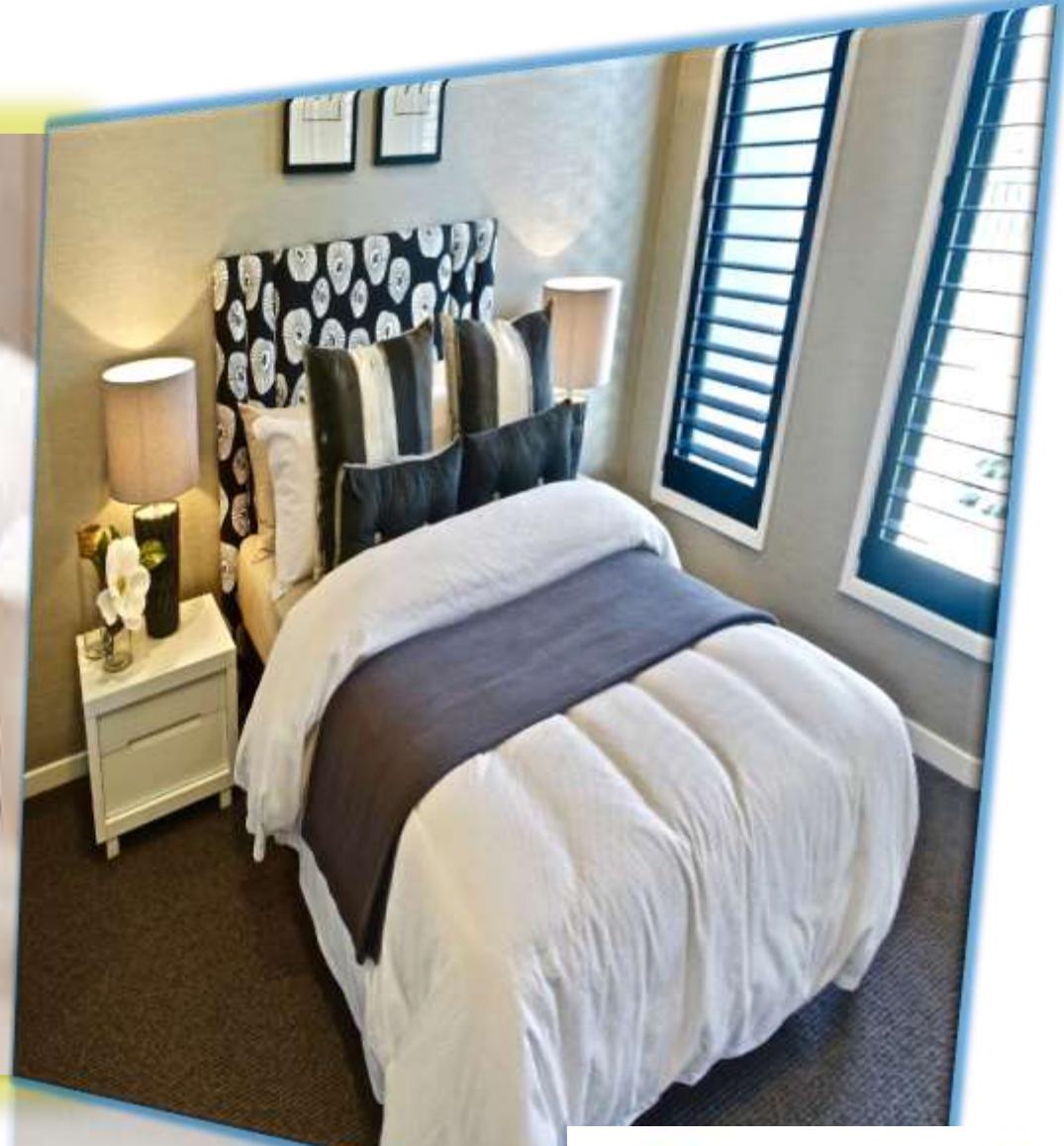
Candles



fragrance



flowers,

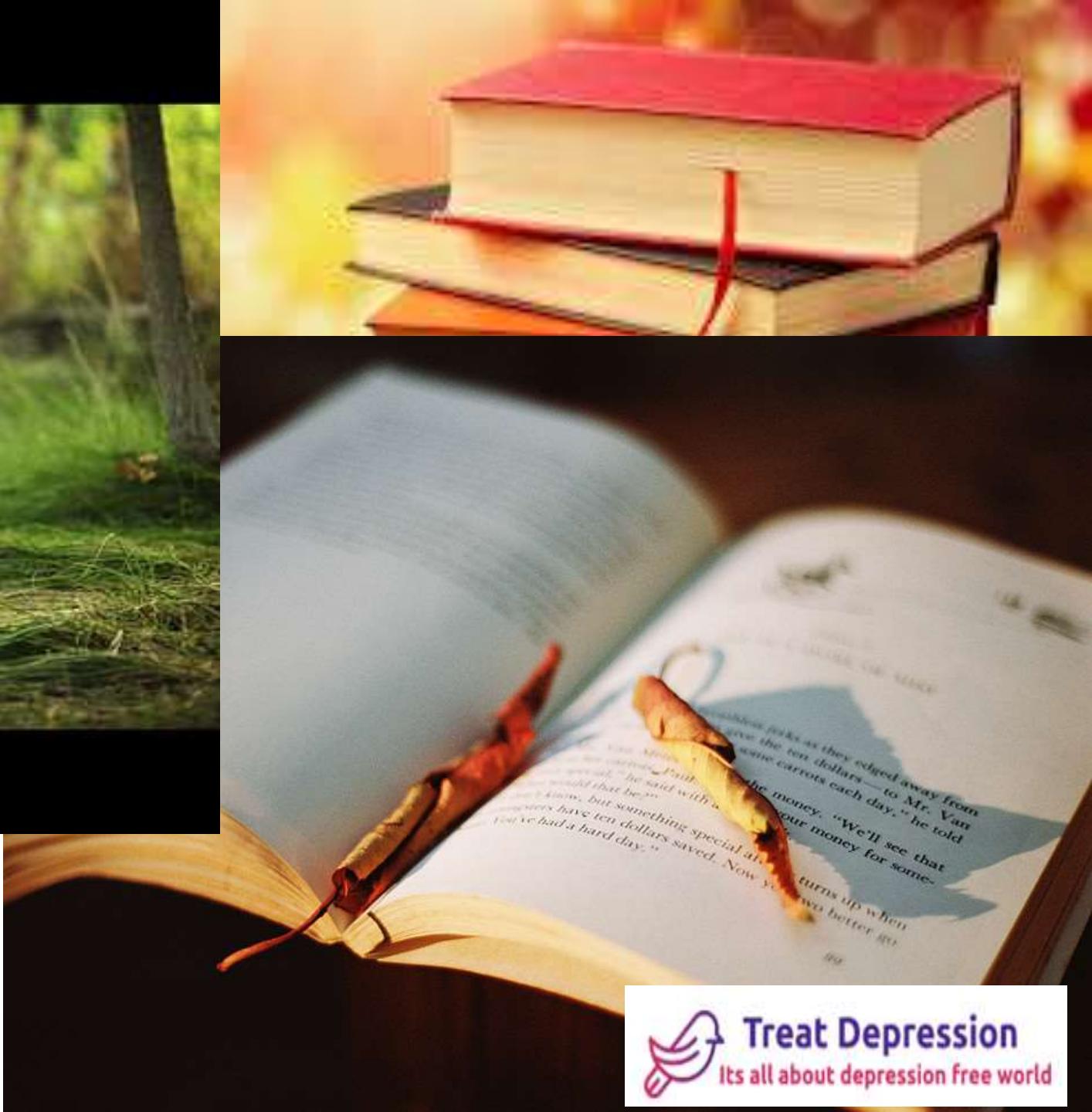


Flip through captured memories.





Read good books



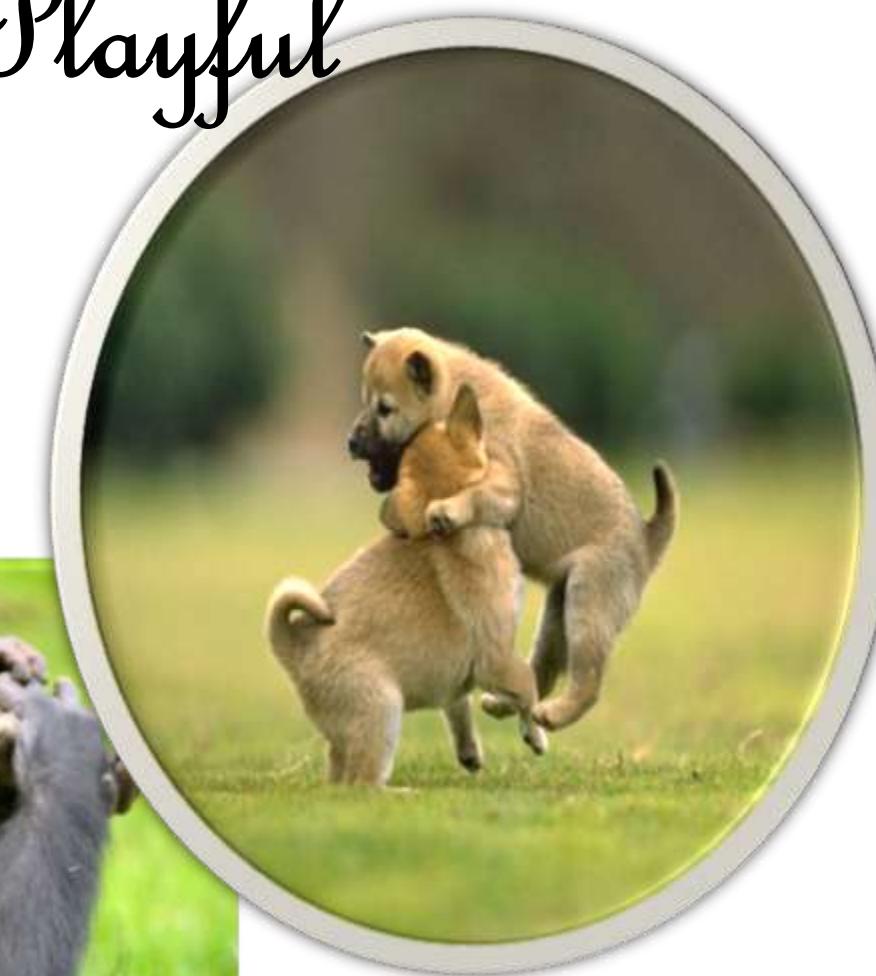
*Be*



*Silly*



*Playful*



*Peppy*



**Colour or paint  
some pictures...**



**It eases the mind...**

**A good way to vent out one's feelings and emotions**

**SECTION**

**5**

Inspired Words can be a powerful tool  
In Fighting Depression



Along with

**Diet, Exercise, Meditation, Natural therapies**

**Developing Positive-Healthy Relationships with others**

# Once You Choose Hope, Anything Is



No Matter How Low You Feel-  
Get Up; Dress Up; Show

Up

&

NEVER  
GIVE  
UP

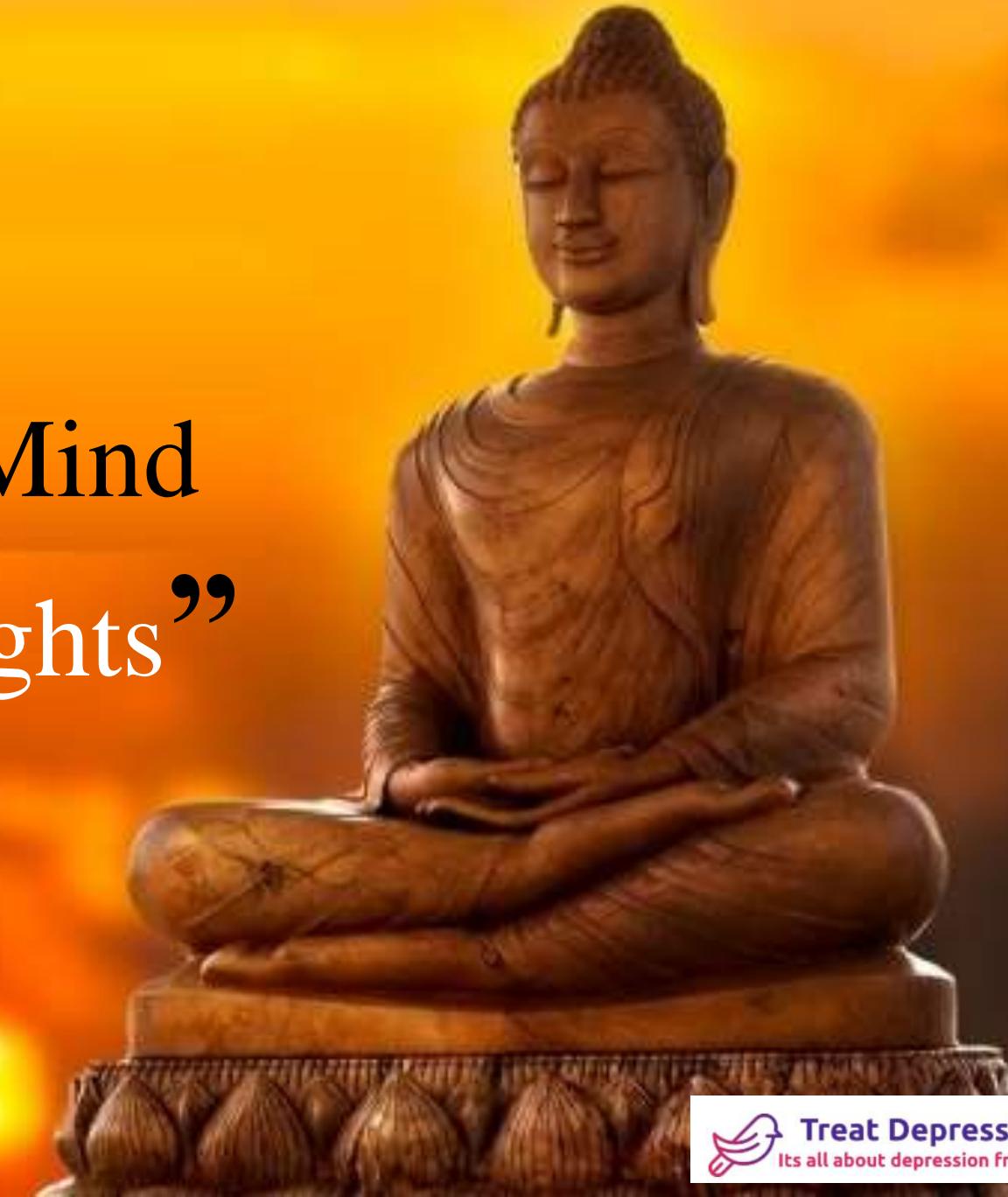
Live Life with Courage

And



Do whatever you want to do  
And Be what you want TO BE

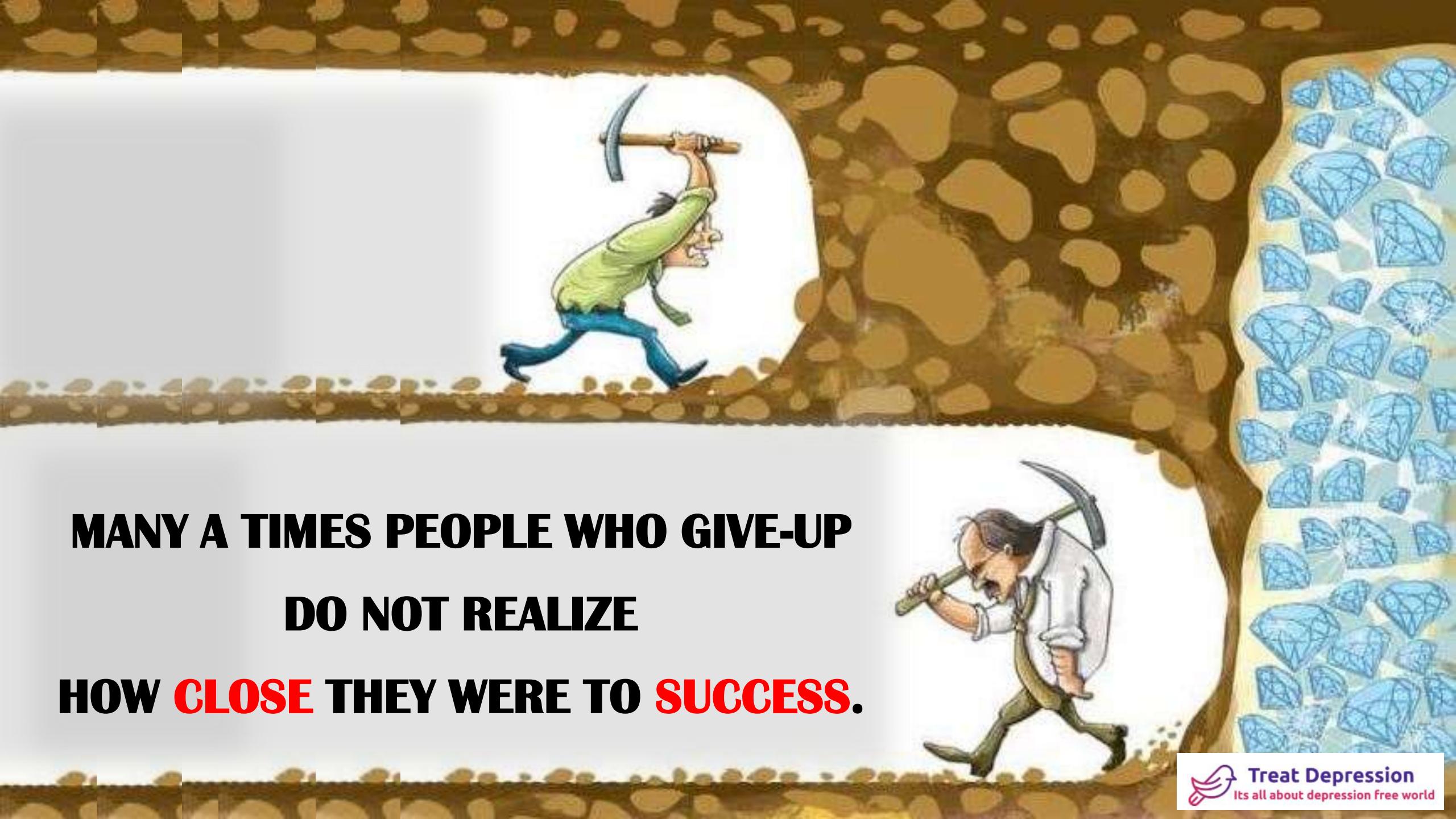
**“Don’t make your Mind  
dustbin of Past Thoughts”**



The Greatest quality of  
man is:

“He can change his life  
by just  
Changing his Attitude of  
Mind”





**MANY A TIMES PEOPLE WHO GIVE-UP  
DO NOT REALIZE  
HOW CLOSE THEY WERE TO SUCCESS.**

A photograph of a sunset over a beach. A bright sun is setting behind a dark, hilly coastline on the right. The sky is a gradient from deep blue to warm orange and yellow. In the foreground, a sandy beach is illuminated by a long-exposure light painting of a rainbow. The rainbow starts near the bottom left, curves upwards and to the right, then loops back towards the bottom left, creating a spiral effect. The colors of the rainbow are vivid against the darker tones of the sunset.

The only way for Success is  
“Stop talking Start Doing”