**DEPRESSION**

Depression is like a war – you either win or die trying

Depression is living in a body that fights to survive, with a mind that tries to die. Depression is such a cruel punishment. There are no blood tests to send people scurrying in concern, just the slow erosion of self, as insidious as cancer. And like cancer, it is essentially a solitary experience, a room in hell with your name plate on door.



7. Common Types of Depression

1.Major Depressive Disorder {MDD}



When people use the term clinical depression, they are generally referring to major depressive disorder {MDD}. Major depression disorder is a mood disorder characterized by a number of key features:

* Depressed mood
* Lack of interest in activities normally enjoyed
* Changes in weight
* Fatigue
* Feeling of worthlessness and guilt
* Difficulty concentrating

If a person experiences the majority of these symptoms for longer than a two-week period,they will often be diagnosed with MDD.

2. Persistent depressive Disorder {PDD}



In this type of depression, refers to a type of chronic depression present for more days than not for at least two years. It can be mild, moderate, or severe.

People might experience brief periods of not feeling depressed, but this relief of symptoms lasts for two months or less. While the symptoms are not as severe as major depressive disorder, they are pervasive and long lasting.

PDD symptoms include:

* Feeling of sadness
* Loss of interest and pleasure
* Anger and irritability
* Feeling of guilt
* Low self esteem
* Sleeping too mush
* Feeling of hopelessness

3.Bipolar disorder



Bipolar disorder is a mood disorder characterized by periods of abnormally elevated mood know as mania. These periods can be mild {hypomania}or they can be so extreme as to cause marked impairment with a person’s life, required hospitalization, or affect a person’s sense of reality.

In this type of depression, people with depression often have a range of physical and emotional symptoms.

* Fatigue, insomnia and lethargy
* Unexplained aches, pains and psychomotor agitation
* Hopelessness and loss of self-esteem

4 Postpartum depression {PPD}



Pregnancy can bring about significant hormonal shifts that can often affect women’s mood. Depression can have its onset during pregnancy or following birth of child.

Such symptoms can include:

* Low mood, feeling of sadness
* Server mood swings
* Social withdrawal
* Feeling helpless and hopeless
* Anxiety and panic attacks
* Thoughts of suicide

5 Premenstrual Dysphoric Disorder



Among the most common symptoms of premenstrual syndrome {PMS}

6. Seasonal Affective disorder {SAD}



If you experience depression, sleepiness, and weight gain during the winter months but if you feel perfectly fine in spring you may have a conditional known as seasonal affective disorder.

7.Atypical depression



In this type depression you can experience overeating, sleeping too much or extreme sensitive to rejection

Some more symptoms

* Excessive sleep
* Fatigue, weakness and feeling, weighed down.
* Intense sensitivity to rejection
* Strongly reactive moods

How to fight against depression



‘Remember ...no matter how much it hurts right now, one day you will look back and realized it that it made you stronger’

Try to find out solutions not the problem. Problem never end till the life so focus on solutions.

There are some tips to come out of depression.

* Get a good laugh
* Long walk
* Give someone hug
* Think about what went well
* Allow yourself to vent
* Talk to your love ones.
* Make time for things you enjoy
* Eat well
* Seek treatment
* Get enough sleep
* Be active

There are many ways to come out of it, but It can only possible if you yes, my dear you want come out. You have to accept the present, let go of the past and have faith in the future. Try to live as each day as it comes. In life nothing is constant even your problems too. Don’t close the book when bad things happen in your life, just turn the page and begin a new chapter.

Move on something better is waiting for you.

Let's talk about depression



According to NIMH   
{National Insititute of Mental Health} depression is very serious problem nowadays,1.5percent of adults in the USA had depressed disorder in the past year.

Country like USA faces such high level of depression, have you ever thought about our country INDIA where people are not even comfortable to talk about it.

But now it's time to change. We have to talk about it.so that who suffer such emotional disorder can share their feeling easily may be in such way, we help many people to come over it. we have to understand that “you will be stronger than your problems”.

ALL THE SUNSHINE IN YOUR SOUL IS GOING TO CHANGE THE WORLD ONE DAY



By –Upma chandra