

Neuroscience of Depression

The neuroscience of depression is a deep, exciting, and complicated subject. In this video, we explore the default mode network, a circuit in the brain which gives us the capacity of self-awareness, but also exposes us to depression. We explain how a key part of depression is when self-awareness is out of control. Finally, we review chemical and natural ways to disarm our default mode network.

References and further reading

- Hamilton, J. P., Farmer, M., Fogelman, P., & Gotlib, I. H. (2015). Depressive rumination, the default-mode network, and the dark matter of clinical neuroscience. *Biological psychiatry*, 78(4), 224-230.
- Robert C. Meisner, M. D. (2019, May 22). Ketamine for major depression: New tool, new questions. Harvard Health. [Link](#).

Glossary

Default Mode Network (DMN)

Vairagya

Ketamine

Meditation Videos



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