

Why **NATURAL**
DEPRESSION
Therapies

Are better than pills



FELIX BROWN

7-Step System That Gives You The Power To DESTROY Your Depression, End Your Feelings Of Sadness And Hopelessness, And Get Your Life Back! [Click here for details!](#)

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Content

- Are You Suffering From Depression?
 - Dealing with Depression
- Depression and How You Can Work Through It
 - What Is Chronic Depression
 - Depression and Women
 - What Is Postpartum Depression
 - Depression in Children
 - Depression in Teenagers
- Depression is a State of Mind That Can Be Controlled
 - What Is Major Depression
 - Effective Ways to Treat Depression
- Tips for Helping a Loved One with Depression

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Are You Suffering From Depression?

If you have been feeling down and out for a prolonged period, you may be suffering from depression.

Almost everyone feels down from time to time. Adverse events happens and we all encounter disappointments that make us feel down. However, if these feelings stay with you for several weeks, and they affect your ability to function, it is likely you are depressed.

Depression comes in many forms and the type that is affecting you will depend on many factors. Some people have what is called dysthymia, that is to be in a blue mood for an extended period. However, people with dysthymia are usually still functional. People that are having a major depressive episode are usually totally dysfunctional. They will generally have no interest in anything and quite often, they don't want to get out of bed at all.

Depression is a very serious issue and it can strike people who would otherwise be highly functional and productive individuals. The good news with depression is that it can be treated and most people are able to return to their productive lives.

However, major depression can be very dangerous and people who are having an episode should not be left alone. This is a particularly difficult situation for individuals who live alone and don't have a good support system.

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Treatment for depression normally has a two-pronged approach. The two facets of depression treatment normally involve therapy with a psychologist, and medications that are prescribed by a psychiatrist.

Some people will respond to therapy alone and not need any medication; others cannot recover without the use of anti-depressant meds. The patient's response to therapy and medications is highly individualistic. However, people with a strong support system have a much higher probability of recovery than those without an adequate support system.

There are many different types of anti-depressant medications. All of them work by altering neurotransmitters that are responsible for conducting nerve impulses in the brain. However, treatment of depression is by no means an exact science and the pharmaceutical companies that manufacture these medicines will say in all of their literature that the mechanism of action for their medication has not been fully tested.

There are several categories of medications, the type used by many individuals are called SSRI's or selective serotonin re-uptake inhibitors. The majority of the most popular anti-depressants fall into this category including, Paxil, Prozac, Zoloft, Celexa, and many others. However, SSRI's are not effective for every one, so there are other meds that work on other neurotransmitters such as dopamine and norepinephrine.

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Some well known anti-depressants that are not SSRI's include Wellbutrin, Remeron, and Effexor, unfortunately finding a medication that works for you can only be done by a process of trial and error.

In addition, none of these medications are immediately effective. It normally takes a least one month to find out if a particular medication is going to be effective for you.

This can seem like a very long process for someone who is depressed. Unfortunately, all anti-depressants take time to work and they are normally effective when they are used in conjunction with therapy

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Dealing with Depression

If you have been diagnosed with a depressive disorder, you may be feeling a lot of anxiety. However, this diagnosis is the perfect opportunity to improve your life. Most cases of depression have a biological basis. Therapy can aid in understanding your illness and medication can treat chemical abnormalities in your brain.

Depression is no longer written off as insanity and patients are no longer sent off to hospitals for experiencing a nervous breakdown. Medical researchers have found that depression is often caused by an underlying medical condition or may be caused by the way chemicals are produced and used by the brain.

Most people experience temporary bouts of sadness. This is not the same as clinical depression. Serious depression interferes with day-to-day life. When brain chemicals and neurotransmitters do not perform correctly, depression can be the result.

A variety of medications have been produced to correct the way in which brain chemicals work. If you are worried about the negative stigma attached to a diagnosis of depression, remember that most people now understand that depression is a real illness with biological causes.

You should always be ahead of your treatment plan. Talk to your physician about seeing a psychiatrist. A mental health provider

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may be able to help you get to the reasons behind your behavior and the deeper causes for your depression. You can see a therapist one-on-one or attend group therapy sessions.

Once you understand your diagnosis, you should learn as much as you can. Research new treatments and be honest with your doctor and therapist about how well their suggestions and treatments are working for you.

If you learn about a new treatment that you believe may be helpful in treating your specific disorder, talk to your doctor about it. Although researchers have learned a lot about depression, the brain is a complex organ and scientific researchers are learning more every day.

If your doctor prescribes medication, always take it exactly as it has been prescribed. Take too much medication all at once can cause harmful side effects and may even be deadly.

If you stop taking your medication suddenly, you may also suffer from a wide range of side effects. Make sure your doctor is aware of any other medications you may be taking to avoid dangerous drug interactions.

Get support from close friends and trusted family members. Try to stay away from people who are negative during your first few months of treatment. Talking to other people who have been

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diagnosed with a depressive disorder can make it easier for you to deal with all your emotions and fears.

Make a concerted effort to change your eating and sleeping habits. Get some exercise, take time to do the things you really enjoy and surround yourself with positive people. Try to have a positive

attitude yourself, even if you are feeling a little down. Although medication can improve your depression, you must make changes in your behavior to improve your mental health.

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Depression and How You Can Work Through It

Depression is something that millions of people struggle with. There are a few different kinds of depression, but if you are dealing with the kind that goes on every day, then you need to know a few things. Read along if you'd like a little more information on how to help yourself get through depression.

If you feel like you're going to harm yourself or other people, this is the time to call emergency services. You don't want to do something that you're going to regret.

There are mental health facilities that you can go to and all you have to do is make a phone call. Generally, they will help you get stable, and then you'll be let go with a plan on how to keep yourself from hitting that dangerous road again. Don't be afraid to get help, people do so quite often actually.

See if you can get a doctor to give you some medication for the depression. Sometimes you just can't beat depression without the help from some medication. A lot of great medication is out there, so there is bound to be one that works for you.

If you find that the medications aren't working right away, remember that it will take a little bit of time for it to work. The

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chemicals in your brain have to be rewired in some way by these medications, and that generally takes about two weeks or more to happen. Don't stop taking your medication when you feel better either.

Going to therapy may be something you will do well with. It's something that's becoming more and more accepted as a great way to deal with depression. It doesn't mean that you're crazy or anything of that nature when you go to talk with a therapist. Even people that are famous are actively going to therapy, just to make sure they keep their minds in good working order. It's a great way to get out your stress, and it can also help you to learn what you can do the next time you feel your depression creeping up on you.

Go to a friend that you can talk to the next time you feel depressed. Find someone that won't judge you and will just listen. Sometimes all you need is someone there to listen to what's going on and won't say anything. It's hard to find people to talk to from time to time because they just want to tell you to get over it and they don't realize that it's not something you can just get over. Educate a loved one about how depression is a chemical condition, and then see if they would be willing to help you by listening in the future.

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What Is Chronic Depression

It is estimated that in the United States, approximately 17 – 18 million Americans suffer from depression every year. Of those people, only 5 to 6 million people actually seek treatment. This is unfortunate because depression is a treatable medical condition. About 80% of those that have sought treatment have reported that their lives were significantly improved by the treatment.

While there are several different types of depression that have been defined, chronic depression is among the most frequent one. According to the National Inst. of Mental Health, approximately 1.5% of Americans suffer from chronic depression at some point in their lives. Chronic depression differs from major depression primarily by the fact that the severity of the emotions associated with them is less severe.

Though chronic depression is a milder form, the symptoms can last for a very long time, sometimes years. Though it is less disabling than major depression, it still prevents people from functioning at their best. People who suffer from chronic depression can also go through short periods of major depression.

Experts are divided on what exactly causes chronic depression. Many believe that genetics do play a role; however, there is dispute as to how great that role is. Many who are treated for chronic depression report no instances of having other relatives

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that have suffered from the same condition. It is commonly accepted that changes in the chemistry of the brain are involved. It is also believed that chronic illnesses, life stressors, and some medications contribute as well.

The symptoms of chronic depression are the same as that for major depression, but are far less severe. They include the following: the feeling of sadness that lasts most of the day, the lack of enthusiasm for things that were once enjoyable, major changes in appetite or weight, either excessive sleeping or insomnia, physical restlessness, fatigue, feelings of hopelessness, difficulty concentrating and making decisions, and suicidal thoughts.

A medical doctor makes diagnosis from examination of the symptoms. The doctor will rule out other possible physical causes, such as hypothyroidism. He or she will examine your family history and will discuss with you any medications that could be causing your symptoms.

Unfortunately, there is no blood test that can conclusively indicate that the symptoms are caused by depression rather than another cause.

As with any chronic disease, early diagnosis and treatment is very beneficial for lessening the duration and intensity of the symptoms. Early treatment is also indicated to be effective for reducing the possibility of a relapse. Treatment usually consists of

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psychotherapy, medication, or a combination. Your primary care physician can usually treat the disease.

The cost of depression is very high, in terms of both human suffering and economic impact. Education is the key to improving the quality of life for those that suffer from any form of depression.

Most people can be helped with proper treatment, and can go on to fully realize their potential having been freed from the debilitating effects of the disease.

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Depression and Women

Depression is very common among women. In fact, as many as one in four women are likely to develop chronic depression at least once in their lives. Women are more than twice as likely as men are to become depressed. The majority of the nearly 15 million people who become chronically depressed every year are women, and about 2/3 of them do not seek help for their depression.

Depression affects everybody differently, and the symptoms can range from mild to severe. It causes the sufferer to have feelings of helplessness and despair, sadness, and worthlessness. Many women report that while they are depressed they are much more likely to lose their appetite, have difficulty staying asleep, develop low self-esteem, become apathetic, and develop low-grade fatigue. In the most severe cases, they can even become suicidal.

It is most alarming that women are much more likely to attempt to kill themselves than men are who are also suffering from chronic depression.

The reason why women are much more likely to become depressed is varied. During adolescence, the depression rates are about equal for boys and for girls, however around puberty we start to see a difference, a significant disparity in the depression rates.

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At puberty, the rates of depression become about two to one, girl versus boy. Many experts believe that this is directly due to the hormone changes that girls start to experience. This cycle continues throughout the lifetime of a female as hormone levels continue to fluctuate through many life events: pregnancy, immediately following giving birth, menopause, and even the monthly menstrual cycles.

In regards to this later there is even a disorder called, premenstrual dysphoric disorder (PMDD), which typically the sufferer experiences depression and mood swings the week before menstruation to the extent that it interferes with a woman's ability to function properly in her daily life.

The National Institutes of Health lists several genetic, reproductive, and other biological factors that increase a woman's risk of becoming depressed.

These can include a family history of emotional disorders, a history of emotional disorders during the earlier reproductive years, losing a parent before the age of 10, the lack of a social support system, sexual or physical abuse as a child, ongoing psychological or social stress, and even taking certain medicines.

Some women who give birth develop postpartum depression, and some women suffer from seasonal affective disorder. There are also many stress factors that women experience simply by living life that increase the likelihood of developing depression, such as losing a job, arguing with a spouse, and the stress of raising children.

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Women who are experiencing signs of depression can and should seek immediate help. Depression is a medical disorder and is not something to be embarrassed of or ashamed of, and it can be treated.

Women should seek the help of a mental health professional, who will determine the best form of treatment. Recognizing and acknowledging the fact that women are much more likely to suffer from depression is a very important first step to combating this disease.

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What Is Postpartum Depression

Postpartum depression is entirely different from the “baby blues” that women often suffer from the first few weeks after giving birth. Women will often have difficulty sleeping, feel moody and cry easily, and feel completely overwhelmed. Generally, women can expect to lose the blues about two weeks to a month after giving birth.

Postpartum Depression, on the other hand, frequently lasts for months. It is a serious mental disorder that warrants immediate medical intervention. She will have feelings of worthlessness, hopelessness, and persistent feelings of sadness.

In many cases, she will have difficulty bonding with her baby and have trouble caring for him or her. In the most severe cases, she may develop what is known as postpartum psychosis. Mothers that are suffering from this type of depression can be a danger to themselves and their baby. She may begin to behave strangely, and see things that are not there.

As with all forms of depression, there are strong indications that changing hormone levels are in large part responsible for the development of postpartum depression. Women experience huge swings in hormone levels immediately following childbirth, as well as following miscarriage or stillbirth.

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The chances of developing postpartum depression increase if you have had postpartum depression previously, you have a poor support network, your baby is sick, or if you have a great deal of other life stress to deal with. If you or someone in your family has bi-polar disorder, you have a much greater chance of developing postpartum psychosis.

The symptoms for postpartum depression cross over with the other forms of depression also. Women may lose interest in activities they once enjoyed. They may suffer from anxiety. They may lose weight due to the difficulty in eating, though the opposite could also be a sign of depression.

It may be difficult to sleep, and she may find that she has a difficult time concentrating on simple tasks. In more severe cases she may have passing thoughts of suicide or harming the baby, but in postpartum psychosis she may feel she is left with no choice but to act on those thoughts.

Treatment begins with a diagnosis by a medical doctor. The doctor will examine all her symptoms, consider her history and her family history of mental disorders, and will investigate whether or not the symptoms could be caused by any medication the woman may be taking.

He will first eliminate any other medical issues that could be causing similar symptoms, such as hypothyroidism. Treatment generally consists of some counseling and possibly medication. It is preferable to treat with counseling alone for milder cases, because medications can be passed to the baby through the mother's milk.

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Women should make sure that they eat well, get plenty of exercise, and sleep as much as possible as the mother of a new baby.

The important thing to recognize is that postpartum depression is a mental illness, and women should not be embarrassed to admit that they may have it. It does not mean they are bad mothers.

If you feel that you may have postpartum depression, do not be afraid to admit it to your doctor. You are not alone. Many women develop postpartum depression every year. The good news is that it is treatable and the sooner you start treatment, the more successful your recovery will be.

Depression in Children

It is fairly well known that depression is on the rise in developed countries. However, what has not been so widely discussed in the media is the fact that the disorder is also becoming increasingly common in children. It is estimated that up to three percent of children in America are depressed, and this figure is rising every year.

How to Spot Depression in Children

Firstly, it is important to emphasize that it can be normal for children to go through periods when they seem a little sad. Life events such as bereavement or school worries can both cause a child to become depressed. With proper support, the child will often be able to overcome their sad mood, and it is unnecessary to seek medical advice.

However, if this depression persists for several weeks and is disrupting the child's everyday activities, it could be a sign of a depressive illness. These are some of the symptoms to look out for:

- * Irritability or angry outbursts
- * Crying, with little or no obvious cause
- * Persistent sadness
- * Withdrawal from social situations
- * Fatigue

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- * Changes in normal sleep patterns
- * Changes in appetite
- * Poor concentration at school
- * Frequent headaches or stomach aches (with no apparent cause)
- * Suicidal thoughts

A child with depression may not display all of these symptoms, and there may be inconsistencies in which ones they are experiencing. For example, they may go through a period of sleeping poorly, and then start to refuse meals just as their sleep improves. However, sadness, social withdrawal and a drop in school performance are all very common signs of childhood depression.

In older children, particularly those over the age of 12, there is an increased risk of alcohol or drug abuse. It can be advisable to be extra vigilant for the signs of substance abuse if you suspect your teenager is depressed.

What Triggers Depression in Children?

There are some obvious triggers for childhood depression, such as sexual or physical abuse. A difficult home environment, such as a parent with an alcohol addiction or a domestic abuse situation, can all cause a child to become depressed. Prolonged bullying is another common reason for children to develop mood disorders.

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Children are much more likely to develop depression if a parent or close family member has a history of mental health problems. It is not clear if this is a result of nature or nurture, for instance a depressed mother may have problems bonding with their child. In all likelihood, both genetics and environment is a contributor in this scenario.

Under the age of ten, depression is significantly more common in boys. By the mid-teens, however, the situation is reversed and girls are more likely to be affected by mood disorders. They are also more likely to attempt suicide. However, it is believed that many of these attempts are cries for help, whereas a boy attempting suicide will often succeed.

It can be very difficult for a parent to deal with a depressed child. Getting advice from the family doctor is the first step in helping the child recovers.

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Depression in Teenagers

Teen depression is a very serious issue within our society, but has only received serious attention within the last twenty years. Researchers have found that many teens who suffer from depression also suffer from other mental disorders including social phobia, generalized anxiety disorder (GAD), panic, attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), conduct disorders, eating disorders, post-traumatic stress disorder (PTSD), and substance abuse disorders.

With teens who experienced trauma, over forty percent develop depressive disorders within four months following the trauma and studies found that teens with depression also demonstrated anxiety disorders twenty five to seventy five percent of the time. ADHD was present with depression in teens thirty to forty percent of the time.

These illnesses, which co-occur, must be diagnosed and treated properly... often, requiring a combination of several treatments and medications including psychosocial interventions, family education and interventions, and psychotherapy as well as medication therapy. They may also require a plan for long-term follow up and treatment.

Teens will experience normal mood swings and ups and downs, which makes it difficult to tell if they are experiencing depression or just typical teenage angst. When these feelings begin to interfere with family, social functioning, school, appetite or sleep, then they may be a problem.

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Common symptoms of depression include:

- Pains or aches, cramps or headaches, or problems with digestion that do not ease with treatment
- Suicide thoughts or even attempts at suicide
- Loss of appetite or overeating
- Sleeping too much, insomnia, or waking very early in the morning
- Having difficulty making decisions or concentrating or remembering details
- Decreased energy or fatigue
- No interest in hobbies or activities they once enjoyed, including sex
- Restlessness and irritability
- Guilt feelings, worthlessness or helplessness
- Anxious, depressed, feeling empty

If a teen is expressing any of these feelings or exhibiting these symptoms, they should see a doctor right away. There is nothing to be embarrassed or ashamed of, this is no one's fault. The doctor

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will talk with both the teen and the parents to try and determine the cause(s) of the symptoms. There may be several reasons. The doctor may ask about family history, about unusual reactions to medications, about any previous therapies and how those were received. What is important is a very careful and skilled diagnosis and understanding that there may be more than one cause for what is happening.

Thirty five percent of teens who suffer from another chronic illness may develop depression. Depression can affect teens who suffer from brain injuries, anemia, diabetes, hypothyroidism, epilepsy, kidney disease, HIV and AIDs, and chronic headache and pain. Teens that are severely obese can also develop depression.

Depression in teens can have severe consequences, especially if it is occurring with another mental disorder. Teens suffering from depression and anxiety are at a higher risk to develop suicidality and substance abuse and do not respond or respond poorly to treatment. A teen with chronic medical conditions who also is suffering from depression is likely to develop a more severe form of depression and may not be able to adapt to changes with the medical condition.

Treating teens suffering from co-occurrences of depression and other mental disorders is possible, but must be carefully diagnosed and typically requires multiple treatment techniques.

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Depression is a State of Mind That Can Be Controlled

There are a number of factors can lead to the mental condition called depression. Many people confuse depression with sadness. Sadness can come from incidents in a person's life that have gone against his or her expectations. It can come from death of a loved one, loss of some personal possessions, not getting a promotion, or even minor arguments with family or friends. Certain world events also sometimes lead to such sadness. These are episodes that are momentary and do heal over time.

Depression on the other hand, is an episode that can last for a long time, measured in days and weeks. It can be a result of a combination of events, poor health, serious illnesses and other constant personal problems. There are ways to diagnose depression as different from just sadness. Such symptoms have to last for sufficiently long periods.

These can come from constantly depressed moods, an inability to take pleasure, loss of appetite, and changes in sleep patterns. A depressed person may have trouble concentrating, feel fatigued at all times, and in severe cases can constantly wish for death or contemplate suicide. People going through depression are quite often unable to pinpoint the reason for their emotions.

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Serious cases of depression may need the intervention of specialists like psychiatrists or other experts. However, a mildly depressed person can go forward and change his/her condition. Medicine is not always a solution, as the state of the mind constantly changes.

One great help to getting rid of depression can come from completely taking a break from a routine or the circumstances that have caused the depression. A change of scenery can be a big help. Also, see if you can distract yourself by doing something that you normally enjoy.

Once you turn your back on the event or situation that depresses you and go on to doing something that you like, the depression can start fading away and help you to get over it.

Physical activity can be a great help to get over depression. Go for a jog, exercise at the gym, play some basketball with friends, get a game going in the community, or take a long walk. If you like the outdoors, go for a hike. Immerse yourself in doing things around the home.

This can even help you in some home improvement project, and the sheer task of having improved your home can help to lighten your mood and tackle the depression.

Relive pleasant memories, go over old photo albums or read over old letters. Make sure not to spend much time on unpleasant

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things, as these are definitely bound to raise their head, once the mind starts thinking.

Talk to friends and family members, even the sheer task of unburdening yourself of your difficulties and problems can have a therapeutic effect that can help to tackle the depressive state of mind.

Depression is a state of mind and can be controlled. Get over anger or frustration that has led to your depression and find some motivation to think positive. Who knows; you may even find the silver lining of the dark cloud that has depressed your spirits.

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What Is Major Depression

Major depression, also referred to as clinical depression, is the severest form of depression. Sufferers experience a constant state of hopelessness and despair. The symptoms are far more severe than those experienced by people suffering from chronic depression.

They very often have significant difficulty sleeping, eating, working, and even enjoying the company of their family and friends. The National Institute of Mental Health estimates that as much as 6-7 percent of the population is affected by major depression at least once in their lifetime, sometimes on multiple occasions.

Anyone can be at risk to develop major depression. It indiscriminately affects, young and old, male and female. Women do have over twice the risk of developing major depression as men do, based upon figures related to those seeking treatment.

It is believed that this is due to the frequently fluctuating hormone levels that women typically start experiencing with the onset of puberty. For all demographic groups, various types of environmental and life stresses can be major contributors to depression.

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Depression in men is hugely under-reported. Men have a tendency to downplay the intensity of the emotions that they are feeling. They often are reluctant to seek medical help because they fear that they will be judged as being weak. Due to the fact that women are far more likely to seek help, it is possible that the frequency of depression between the two sexes may not be as great as believed.

There are many signs of major depression that we should be aware of. Not all of the signs will necessarily be present in every individual, but they may include irritability, anger, drug or alcohol abuse as an attempt to self-medicate, and violent behavior. It often also results in suicidal and homicidal tendencies, and an increase in illnesses.

Many things can trigger major depression. Losing a loved one through death or divorce is one of the leading causes. It can also be caused by feelings of social isolation or depravity, major life changes, conflicts in relationship, and sexual, emotional, or physical abuse.

A health care provider usually diagnoses a major depression after examining the individual's symptoms, personal and family history of emotional disorders. There is no test that can be ran to determine if a person is suffering from depression, or if the symptoms are caused by another malady, such as hypothyroidism.

Doctors will frequently order a blood test to rule out other causes. They will also assess the medications that the individual is using,

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and possibly adjust dosage or prescribe alternative medicines because it has been shown that certain types of medications do cause depressed feelings in people.

Treatment is possible, unfortunately as many as two-thirds of the people that are diagnosed with any form of depression each year do not seek further treatment for various reasons. Surveys of patients have shown that 80% of treated patients report significant improvement in their quality of life.

If you or a loved one displays symptoms of any type of depression, please seek help right away. Studies have shown that the sooner one begins treatment, the more effective and successful the treatment will be.

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Effective Ways to Treat Depression

Millions of individuals worldwide are affected by depression, and believe that there is no way to alleviate the pain and suffering. However, there are effective ways to treat depression through research and action. The following list can assist individuals in treating themselves to alleviate the signs and symptoms of the condition.

Any individual that feels an ongoing sense of depression needs to create his or her own social circle for positive reinforcement. The more individuals that are connected into the person's life, the better off they will feel, which will heighten their mood. Depression tends to make people turn inward, stay-at-home, and simply wallow in their pain. However, creating a social circle filled with positive energy is a quick and easy solution for minimizing many of the signs and symptoms of depression.

Taking Medication

Your health care provider likely can prescribe medication to deal with your ongoing depression. While not an immediate cure, the medications can elevate mood, and produce a better sense of well-being. However, it is important to take the medication as prescribed, and never just stop the treatment, without first discussing it with your doctor.

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Eating Better

Consuming a poor diet, every day void of any vitamins, nutrients and minerals can play havoc on an individual's body. Changing eating habits is a great way to alleviate some of the signs and symptoms of depression. Pick healthy natural foods that are rich in vitamin B. Visit the health food store, and purchase vitamin supplements specifically designed to combat depression. Many individuals recognize that their diet might actually be the root cause of their depression.

Keep Busy

The easiest way to combat depression is to keep busy. The more challenges and activities that you handle throughout the day can help reduce the level of anxiety and minimize the internal stress. The more time spent handling outside issues will reduce the amount of time that can be used to regurgitate harmful thoughts that you feel inside. It is helpful to integrate some outside activities such as getting involved in sports, volunteering in the community, or visiting the gym as a great way to regain a positive mood.

Smile

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Research indicates that by smiling every day, the brain will naturally release mood-enhancing endorphins to make the individual feel better. However, the depression often creates a sensation where the individual never wants to smile. By forcing a smile many times throughout the day, the brain will respond naturally, and make the individual feel much better.

Tell Family and Friends

Experiencing depression alone can be extremely painful. It is important to tell family and friends of the condition, so that they can act as a support in helping the individual overcome the problem. It will also help explain the individual's unusual behaviors and justify their actions.

While it might seem like there are many steps in treating depression, they are all simple solutions to effectively manage the condition. Taking small steps and making small improvements are great ways to alleviate many of the outward and inward signs of depression.

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Tips for Helping a Loved One with Depression

If you have never suffered from depression before, then it can be hard to relate to and help your loved ones suffering from this terrible affliction. We want our friends and family to be happy and enjoy life, and when they don't, sometimes for no apparent reason, it can frustrate us. The following are some Dos and Don'ts for those serious about helping their loved ones suffering from depression.

Don'ts:

Don't blame them. Trust me; your loved ones are just as frustrated by their affliction as you are. Probably even more so, since they're the ones suffering from it. The last thing they need is to be blamed for their issues. Even if you believe that they should be able to just pick themselves up and feel better, or that they are directly responsible for their issues, never, ever tell them so. That will only make them more depressed, as they probably already blame themselves.

Don't give advice when it's not asked for. Part of dealing with depression is ranting. Some people keep journals, others rant to friends. Many do both. When you find your loved one crying or ranting to you, sit down and listen. Erroneous advice is perceived as you saying that something is wrong with them, that they're not trying hard enough to heal, or that you find them annoying. Only give advice if it's specifically asked for. By listening to their rants, you are providing them with an outlet to feel better.

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Dos:

Do be there for them. Your loved one needs you. They need to know that you are there and will support them even when they are at their lowest. Odds are, their depression have destroyed their self-esteem. If you leave them now, they will see it as a sign of rejection, even if you don't mean it that way. That doesn't mean you have to hover around them forever. Just tell them that they can call you when they are having a bad day, and that you'll listen to them. Sometimes that is the greatest cure of all.

Do offer them distractions. Depression consumes the mind like nothing else. Even if your loved one looks like they're having a good day, odds are they are living under a constant shadow of self-rejection. They're probably already searching for their own distractions, but you can help. Take them out for a holiday, play some video games with them, work on a project with them, or whatever mutual interest you two have. Keep the conversation light and positive. Let your loved one know that they can enjoy life with you.

This is a short list of dos and don'ts, but that's pretty much all there is to it. Depression is a horrible thing for anyone to go through, but it can be its own dark shadow if you are the one watching a loved one go through it. The thing we fear the most is actually losing our loved ones to depression. Help remind them that there is hope in the world, and remember that they did not ask to feel as terrible as they do inside.

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