

Get Out of Depression

Discover the ways to a happy life

Table of Contents

Disclaimer	4
Why This EBook is For You!	5
Introduction	8
What is Depression?	9
Types of Depression	11
Depressed? Why?.....	17
Phases and Intensity of Depression	22
Do You Have It?.....	24
How Can You Know for Sure?	27
Depression is Curable: Believe It!	28
Diet Has an Effect.....	28
Exercising Your Way through the Gloom	34
Mental and Emotional Workouts	40
Some Home Remedies for Depression.....	44
Lifestyle Changes to Keep it Permanently Off.....	49
Dealing with Childhood Depression	56
Dealing with Teen Depression	59
Consulting an Expert	63
Last Words.....	68
Bonuses.....	69

Disclaimer

The information contained in this eBook is for informational and educational purposes only. These statements have not been evaluated by medical health experts.

This material is written for the express purpose of sharing educational information and scientific research only.

None of the information contained in this eBook is intended to diagnose, prevent, treat, or cure depression, nor is it intended to prescribe any of the techniques, materials or concepts presented as a form of treatment for any illness or medical condition.

Before beginning any practice relating to health, diet or exercise, it is highly recommended that you first obtain the consent and advice of a licensed health care professional.

The author assumes no responsibility for the information and data accessed through and contained in this eBook. The information (in this book) may not be supported by conventional medicine or many physicians. Therefore, proceed with caution and at your own risk. The author is not responsible for any physical, mental or emotional injury.

Why This EBook is For You!

Have you been down feeling down lately? Seems like the world has come to a standstill and nothing will ever be ok again? Or is it that a part of you always seems to have been in the deep, dark void of nothingness? Do you force yourself to be cheerful and happy? Is the feeling of gloom afflicting you in more than just your feelings? Fatigue and listlessness are devouring you?

If you have been nodding a yes to the aforementioned questions than you need to give some serious thoughts to what has been happening. Depression might be the reason for your lack of interest in life and activity. And this is not something you should ignore. Depression is one of the most undertreated conditions, because people either laugh it off or don't know that they are experiencing it. Those who do realize the symptoms, refuse to acknowledge it, fearing they will be shunned or ridiculed.

And this is the inhibition you have to let go off. Being depressed neither undermines your strengths, nor does it imply that you are an emotionally weak person. It as much a physical condition, as it is mental. But by no means does it suggest that you are fragile or feeble. You only have a problem that can be resolved with the right treatment. Can people who have diabetes or cancer or asthma be blamed for their condition? Should they be ashamed or guilty? Of course not!

Just like that depression is not something you should ever be ashamed of having. The one thing you need to understand is that **It Is Not Your Fault!** And you should let no one tell you otherwise. Depression is not a sign of weakness. On the contrary, admitting and seeking help is your greatest strength and shows your resilience for life!

I wrote this eBook for precisely this reason. As a social worker, I have seen many cases and the one thing common among all of them was shame, guilt and fear of rejection. I am also a former sufferer who could manage to get out of it, so you can do. Let me tell you a fact. According to Centers for Disease Control and Prevention, 1 out of every 10 individuals suffers from at least some form of depression. Sound surprising? Actually, it's not. The number of people who suffer from depression keeps increasing. When once it was only limited to adults or elderly, now, more and more teenagers and children seem to be acquiring it too.

So why do you think that is? And if you want an actual diagnosis, what is depression really? Is it just the random blues you get from time to time? The stress you feel or the anxiety that wreck you? This eBook will answer all of your questions and depict how you are not alone in your struggle with depression. Please understand this; depression is not the end of your life. Just because you don't feel happy right now, does not automatically mean you will never be able to come out of this doom.

By the time you complete reading this book, you will know what depression is, what are the different kinds of depression, its intensity and phases and the whether or not you are suffering from it. I will also suggest treatment methods and solutions for how you can fight it off.

So as long as you are willing to accept the problem, you will be able to handle it. Just remind yourself of how strong you are and there is nothing or no one that can defeat you.

We give away three affirmation audios for free in order to help you in the process of getting out of depression. They help to transform your thinking and change your life. You can download it here <http://outofdepression.com>

So let us dive head first into the journey of conquering depression.

Introduction

Why is it that the rate of depression seems to be increasing each day? Is it our lifestyle? Or merely the fact that people have stepped into a life that is full of stress and complications? Could it also be because of lack of communication? Whatever the cause for depression, the one thing you have to understand is that depression is not something to be taken lightly. If it progresses to a point where it cannot be sorted out, things will go from bad to worse.

This is the reason why I emphasize again and again that if you or anyone you know is facing feelings of gloom that have persisted for more time than normal, then you need to consult a professional immediately. Waiting for the problem to progress is like inviting more issues for yourself.

Of course, before running off to an expert, you need to be sure whether the feelings of sadness and doom can even be categorized as depression. It could be that you are just going through a nerve-wrecking week or some physical/hormonal changes. As upsetting as that may be for you, such emotions pass away in a few days. But if the condition becomes debilitating and affects your daily, routine life then you need to pay more attention.

Keep in mind that having depression does not make you someone who cannot get well again. Just like heart disease, neurological disorders and malaria, depression is also curable. There is simply a need for proper diagnosis and dedicated treatment. Convinced and encouraged enough to find out more? Read on to learn about depression and what you need to do if you or your loved one are facing the problem.

What is Depression?

Let us start by understanding what depression is and how to differentiate it from the blues or occasional sadness you might experience routinely. Depression is a condition where your mood is altered to the point where normal life routines are affected and general activity is hindered. According to DSM-IV, if you have any of the 5 symptoms listed below, then you will be considered depressed. Here are the signs of depression:

Depressed state of mind throughout the day, especially during the early hours – don't forget to download the audios because they will help to change the depressed state of mind <http://outofdepression.com>

- Insomnia, where you have trouble sleeping or hypersomnia, where you sleep too much throughout the day
- Significant changes in weight, either weight loss or weight gain
- Dominant feelings of guilt, loss, worthlessness and helplessness
- A sense of tiredness or fatigue throughout the day
- Indecisiveness and troubles concentrating or focusing on anything
- Restlessness, anxiety or pressure
- Difficulty focusing on any task or activity and feeling dull
- Loss of pleasure in life and day to day work
- Persistent thoughts of suicide and death

If you have these symptoms and they have recurred for more than a few days without any signs of abatement, then you might be suffering from depression. But the symptoms need to be strong enough to be dominating your life and should not be because of use of any medication or other medical condition.

But these are not the only symptoms of depression. The National Institute of Mental Health states that no two people experience the same signs of depression. Likewise, the intensity of signs and symptoms may also vary depending on how severe depression may be. Here are some other symptoms of depression:

- Having a hard time concentrating and remembering details
- Lack of decision making abilities
- Irritability, anxiety, agitation and restlessness
- Significant increase or decrease in appetite
- Feelings of being lost or feeling empty
- Attempted suicide
- Pains and aches all over the body
- Loss or lack of energy
- Digestive problems and headaches that seem to refuse to go away even after treatment

The person suffering from depression may have 3 or more symptoms which might signify that they are going through the condition. This is the time when they need to see a professional immediately so that the condition can be verified and treatment started.

"Depression is a prison where you are both the suffering prisoner and the cruel jailer." - From *Depression: The Way Out of Your Prison*, Internationally Known Psychologist, Dorothy Rowe

The instant you accept this is the instant when you are willing to fight for yourself by finding the right cure. There is only a need to for the realization

that you are not the one to be blamed for your condition. Similarly, if it's your loved one who is going through depression, please do not think that they are deliberately trying to cause trouble for themselves and their loved ones.

Who wouldn't want to be happy if they had the choice to be? The answer is obvious. So now that you know you are not at fault, let us go further down the road and understand the various kinds of depressions and the reason behind their existence.

Types of Depression

The general for diagnostics claim that when it comes to depression there are quite literally a dozen different kinds. Below I have explained some of the most commonly occurring types of depression there are.

Major Depressive Disorder

The kind of depression that literally changes you as a person and takes over your life is known as major depressive disorder. It is marked by a continued sense of hopelessness and helplessness. Also known as clinical depression, it can travel down the generations and can be hereditary. This kind of depression is diagnosed when the symptoms last every day for 14 straight days.

Research suggests that about 6.7% of the population in the US is afflicted by clinical depression after the age of 18, where the ratio of women versus men is double. But it isn't only the adults who suffer from major depressive episodes. Teens and children are also likely to develop it at some point in life.

Chronic Depression

Also called dysthymia, this type of depression is diagnosed when the mood continues for 2 years or more. Even though the time duration for chronic depression is longer, it is significantly less severe than major depressive disorder and does not completely disable a person from following a normal routine life.

Studies show that people who develop dysthymia are the ones who have depressive conditions running in the family. This means their genes are likely to be wired in a way that major life stressors can ignite the mental disorder. Some chronic illness or heavy medication can also lead to chronic depression.

According to NIMH, dysthymia can be triggered in early childhood and become fully activated in adulthood. About 1.5 % of the adult US population suffers from chronic depression.

Atypical Depression

A type of major depressive disorder, atypical depression takes place among people who have already suffered an episode of depression in their early years. One of the most commonly occurring types of depression, the thing that separates atypical disorder from melancholic depression is the fact that people who have atypical are likely to experience feeling of happiness if something good happens. In simple words, melancholics have no sense of mood uplifting, but atypical depressives can experience elations and uplifting sensations.

It is believed that melancholic depression occurs due to the impaired brain functioning, which is in control of the mood. Doctors assure the fact that with

the right kind of medication, atypical depression can easily be treated and cured.

Bipolar Disorder

Also referred to as maniac depression, bipolar disorder can be a complex condition, where the mood swings between extreme happiness to extreme sadness. There are two types, bipolar I and bipolar II disorder. Unlike other kinds of depression that may end on their own after sometime, bipolar is much more serious and cannot just disappear without treatment. On the contrary, if left without treatment for too long, it can increase in severity. The condition can lead to hallucinations, paranoia, delusions and psychosis.

Bipolar I, which is the more severe kind of disorder, leads to psychiatric hospitalization of most of the diagnosed cases. This is because the delusions and psychosis becomes so bad that the patient is unable to take care of themselves.

Even though extensive research has been conducted on what causes bipolar disorder, it is still not clear what the real causes are. The condition is mostly diagnosed among people who range from age groups 15-24. It has not yet been seen among children or adults who are over the age of 65.

Psychotic Depression

Psychotic depression is the kind where the patient becomes separated from reality and is unable to distinguish between what's real and what they might be hallucinating about. People who have psychosis may be able to hear voices in their head or could come up with idiosyncratic ideas that are nonsensical.

Psychosis might lead to medical diseases like schizophrenia. The chances of developing bipolar disorder also increase significantly if an individual has a psychotic episode. But this does not mean that psychosis is not treatable. Medical science suggests within a year of treatment, the patient starts getting back to normal life. But there still remains a need for the continued use of medication even after the patient has been cured. At times electroconvulsive therapy (ECT) is also suggested for cases where traditional medicine does not work.

Seasonal Depression

Mostly known as seasonal affective disorder (SAD), this kind of depression takes place only once a year and almost always the same time of year. For most people it begins in either winters or fall and then end somewhere in the beginning of summer or spring. But do not mix it with the winter blues or cabin fever. This depression is lasting and can become more serious if not treated on time.

Melancholic Depression

One of the types of major depressive disorder, melancholic depression is either the beginning of major depression or one of the episodes of the problem; it is believed that this kind of depression is also due to genetic setup. Melancholic depression could lead to some form of severe depression. But stressful events or occasions can also lead to the triggering of this depression.

Postpartum Depression

Most women experience baby blues once they have had a baby. This is because of the many physical and hormonal changes they are going through. But for some women this becomes more intense and every 1 in 10 moms

develop it. It mostly develops within 1 month of having the baby. Feelings of sadness and hopelessness are prevailing in postpartum depression. But understand that it is completely curable.

Depression among Children

Perhaps the most rising concern among psychologists is the increase of depression among kids and teens. You may wonder how such small kids could have depression. But studies show that childhood depression is more than just an occasional moodiness or feelings of sadness. According to statistics, about 2.5% of all kids in the US go through depression. It is more common among boys below the ages of 10 and girls older than 16.

This of course does not mean that if your child just failed in class or had a fight with their best friend that they have depression. But if the blues continue for more than a few days and seem to be affecting your child's daily life and physical activities, then you need to take it seriously. Symptoms vary in different children and parents will have to observe with care to see. Below are some of the symptoms of childhood depression:

- Changes in sleep, appetite, energy levels and mood
- Child becomes socially awkward and withdrawn
- Constant feelings of sadness, helplessness and hopelessness
- Anger, anxiety and irritability increases
- Angry outburst or crying
- Physical symptoms like stomachaches and headaches

In most cases, kids who see depressed parents are more likely to experience depression too. Since they notice that feelings of gloom about their house,

they too become seeped in those feelings and end up getting depressed about the conditions they are exposed to. But do not think it is a lost cause. Just like adult depression is treatable, recovery from childhood depression is even more swift and complete. So if your child is going through some difficult times, do not give up or despair. It is absolutely ok. Just get your child diagnosed properly and then get them on treatment and therapy immediately.

Depression among Teens

Teens are more susceptible to depression. Just like kids, feelings of sadness or antipathy occasionally are part of growing up. But if feelings of sadness and gloom dominate your teenagers' life, making them constantly irritable or physically inactive, then it becomes important to take care of the issue.

It is said that the teens are the most difficult time of the growing up phase. Your child goes through many changes, both physical and emotional, and learns to adapt to variety. Therefore, feeling upset from time to time is normal, yet depression is something else altogether. Below are some of the symptoms you can keep an eye on:

- A drastic change in eating and sleeping habits. Most teens start sleeping more
- Feelings of extreme guilt and hopelessness
- Recurring pains in stomach, lower back, head and excessive fatigue
- Lack of interest in friends and social activities
- Rebellious attitude, attraction to death and suicide
- Use of drugs, alcohol and promiscuous sex

These are only some of the difference that you might notice in your teen. It's true that depression among teens is common in broken families or household where the parents are depressed but kids that come from normal, happy families may also go through depressive states. Most parents wonder why their child might have become depressed but there is a need to understand that as much as depression is a social thing, it can also be because of physical and hormonal changes.

But studies show that the most common causes for depression among teens is peer pressure and insecurity in self. Environmental stress, school performance and sexual orientation can also lead to depression. But rest assured, like all other forms of depression, teen depression is not only treatable, it is completely curable. If you feel that your teen might be suffering, get them to a specialist and have the preliminary tests done. Then take the matter from there. The expert would recommend what medication or therapy is best for the kind of depression your teen has.

Depressed? Why?

Depression isn't just caused by one particular problem or event. Multiple factors contribute to the overall condition. Professionals say that for most people depression is a slow process that happens over time. Factors like genetics, environment, biology and psychology all come together and give way to feelings of depression.

According to many researches, MRIs show that people who are going through depression have brain scans that look different from people who do not have depression. But of course this does not suggest why the depression takes

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

