

Conquer Your Depression Today

Depression is a crippling disease, not just for the person inflicted but also for everyone that cares and loves them. Learn to manage your depression today by using techniques that over time will allow you to conquer your depression on your terms.

This article will cover the groups that depression affects, the signs of depression and some potential techniques for coping. Recognizing that you have depression will set you on the road to managing depression.

Depression really has no age boundaries. Young children starting at age 5 have been found to have depression due to environmental influences. Influences such as divorce, domestic violence, and social rejection are very common in the world today. Teen depression is becoming an epidemic over the last 20 years with teenage suicide being the end result of not receiving treatment. Children and teens often lack the ability to recognize the signs and need to rely on attentive parents to help diagnose the symptoms of depression.

Adults often become depressed from the stresses and anxieties of daily work life and pressures of home life. Adults are much more likely to recognize their symptoms and seek treatment before it becomes a major problem.

Finally, the elderly become depressed for very different reasons. The thought of dying is in itself a depressing thought for most people and as you age you think about it more and more. It is part of your life as those you love begin passing away before you do. Poor health is also a major contributor to depression in the elderly.

For most people, the signs of depression can be easily detected by others that have contact with you on a daily basis. You may begin to lose interest in your job, your relationships with family and friends and in your personal life. You may feel miserable or frustrated inwardly as well as outwardly towards others. Often times there is no apparent reason for these feelings.

Other symptoms of depression include constant negative thoughts, constant fear, feeling lonely and dull even when surrounded by others. And most obviously, any thoughts about committing suicide are sure signs that something is wrong.

Remember, as you review the symptoms of depression above, that having these feelings during appropriate times is perfectly normal (except suicidal thoughts). Death of family member, or loss of job or even a painful breakup can all cause these feelings temporarily. But when these symptoms move from temporary to permanent then something must be done.

Free yourself from bitterness and hatred each day. Avoid going to bed with annoyed and irritable feelings against people you have had a misunderstanding with. Eliminate hatred from your heart and mind. Release all anxieties, tension, and anger on a daily basis.

Another technique is to look for something that you can bring about for another person. If possible, do a nice deed each day. Stretch out to anyone in need. Most importantly, don't expect recognition because that is not why you are doing it. You are doing it to make yourself feel better not for recognition.

Depression is a mental illness that is normally treatable without medication but requires a commitment to take action to lead a lifestyle free of the triggers of depression. Remember that depression will not only ruin your life but it also negatively impacts the lives of the people around you. If you won't take action for yourself then take action for those that love you most.

Source: <http://www.articlecircle.com>

About the Author

Tony Stai is a firm believer in the power of self-improvement ebooks. Tony runs a resource site that provides articles, reports and ebooks (some with audio) for self learning. To discover more about managing depression visit <http://www.self-improvementresources.com/ebooks/mind/managedepression.html>