

# DEPRESSION

INITIATIVE - "HERE TO HELP"

## WHAT EXACTLY IS DEPRESSION?

*Adebola shares her valuable knowledge on this very important topic.*

## HOW TO TREAT OR MANAGE THIS?

*Adebola shares her valuable knowledge on this very important topic.*

## HOW CAN THIS AFFECT PEOPLE?

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## DEALING WITH DEPRESSION

### WHAT IS DEPRESSION? SYMPTOMS & EFFECTS



#### Adebola Answers

Depression is a mental health disorder with characteristics of hopelessness, continuous feeling of sadness, low-spirited and lack of interest in activities or negligence in relating with people. It can affect one negatively on thinking capabilities, feelings of emotion, relationship and even complicate the physical health conditions in some cases. In worse case scenarios, it leads to suicide or harming oneself. Symptoms may be loss of interest in activities (that were previously enjoyed), feelings of sadness, hopelessness or emptiness, insomnia, narcolepsy or to oversleep. There would be changes in appetite and weight, fatigue, feelings of inferiority, excessive guilt, despising oneself.



#### Adebola Shares Her Valuable Knowledge

It becomes challenging to concentrate, make decisions or remember things. One develops quick excitability to annoyance; restlessness sets in not excluding headaches or digestive problems that fail to respond to treatment. Depression affects people differently in terms of duration and symptoms. Treating or managing depression involves a combination of therapy, medication, lifestyle changes,...

...and support from loved ones. It's essential to consult with a qualified healthcare professional such as psychologists, psychiatrists, clinicians, counsellors, mental health nurse practitioners and psychiatrist pharmacists for personalized guidance and treatment options.

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# THERAPEUTIC OPTIONS



In this section, Adebola shares an informed awareness about the various effective treatment options, which are useful for recovering from depression.

## 1.



### PSYCHOTHERAPY



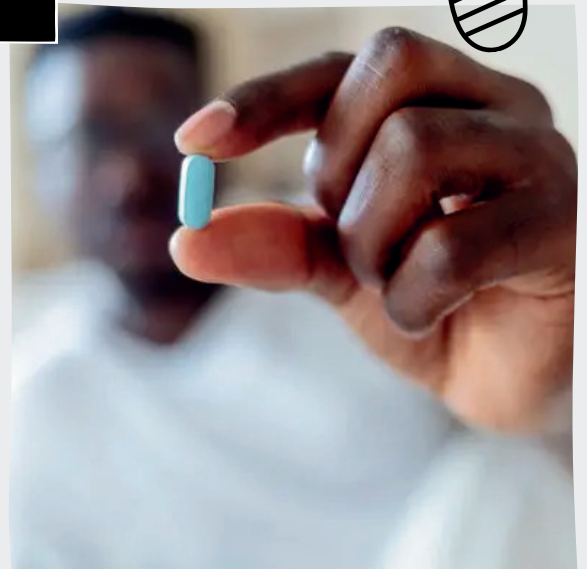
Cognitive behavioral therapy (CBT): CBT is a type of therapy that converts the negative mindset of depressed people into positive mindset. Interpersonal therapy (IPT): IPT focuses on improving communication and relationship skills to address interpersonal issues that may be contributing to depression. Other types of therapy, such as psychodynamic therapy or behavioral therapy, may also be helpful depending on individual needs and preferences.

### MEDICATIONS

## 2.



Anti-depressants: Medications such as selective serotonin re-uptake inhibitors (SSRIs), serotonin and norepinephrine re-uptake inhibitors (SNRIs), or other types of antidepressants may be prescribed to help alleviate symptoms of depression. It is necessary to work in conjunction with healthcare providers in order to use the right medications and not to use over-dosage. Not just that, potential side effects and progress can also be monitored.



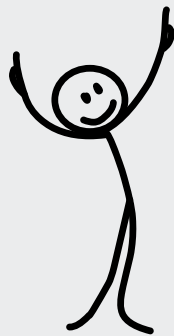
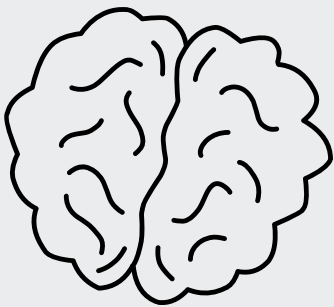
# 3.



## LIFESTYLE CHANGES



Regular exercise is physical activity. Many people have testified that it improves mood and reduce symptoms of depression. A moderate exercise for instance 5 days a week is not a bad option. Balanced and healthy diet by eating foods such as fruits, vegetables, whole grains, and lean proteins can support overall well-being and may help alleviate symptoms of depression. Adequate Sleep: Good sleep hygiene does not repair the body cells only but also maintains a stable cognitive function. Consistent sleep schedule, creating a relaxing bedtime routine, and ensuring a comfortable sleep environment are ideal ways to erase depression. Limit alcohol and substance use: Alcohol and drugs can worsen symptoms of depression, so it's important to avoid them altogether.



## SOCIAL SUPPORT

Stay connected: Staying connected with supportive friends, family members, or support groups makes life more interesting. Talking to others who understand what you're going through can provide comfort and validation too. Nobody is alone in depression. Joining support group should not be slighted. It helps beyond one's expectations. Depressed people should consider joining a program where they can share experiences, receive encouragement, boost morale, and learn coping strategies from others who are also dealing with depression.

# 4.





# ALWAYS REMEMBER



Recovery from depression takes time, patience, and perseverance. Again, what works for one person may not work for another. It's necessary to be patient with oneself and seek professional help if one is struggling with depression. It is not right for anybody to go through depression alone, and there are effective treatments available to help one feel better.

## 5.



### SELF CARE & SELF LOVE



Practicing stress-reduction techniques Incorporating relaxation techniques such as deep breathing, meditation, yoga, positive affirmation or mindfulness in daily routine can help manage stress and promote emotional well-being. Engaging in activities one enjoys can be a great therapy (constant participation) Participating in hobbies, interests, or activities that bring joy and fulfillment, even if one does not feel like it at first because depression makes everything and everyone sickening.

### MONITORING

One needs to help oneself as well in keeping track of symptoms, mood changes and side effects of any medication given. It may be recorded in a jotter daily and presented to the healthcare expert in charge at next appointment. One must ensure effective communication with the healthcare expert so that they can know when to stop a certain medication, change it or stop it. Communication is essential for necessary adjustments and treatment plans.

## 6.

