

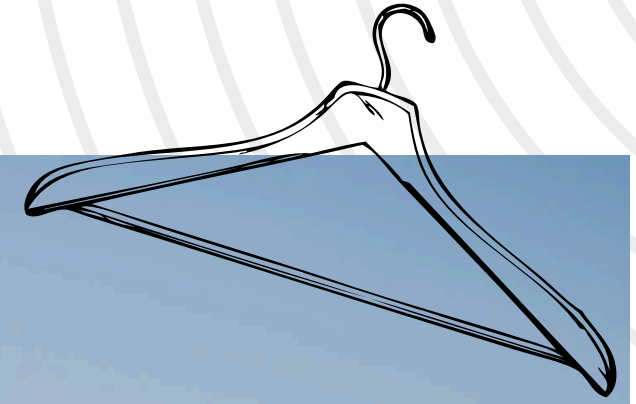
OPENS UP *ACUTE* DEPRESSION

Keep Winning!
Series



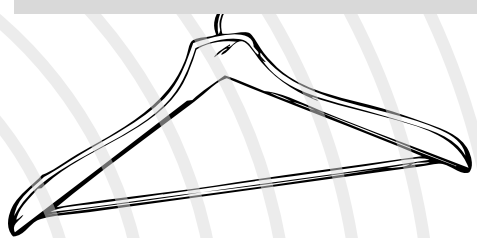
@Priyanka Aggarwal

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Acute depression is often misunderstood as just feeling sad, but it's much deeper and more prolonged. While everyone experiences sadness at times, acute depression is when those feelings persist for weeks or months and start interfering with everyday life. It can manifest as a loss of appetite, lack of motivation, trouble performing basic tasks, and even brain fog—making it hard to think clearly or make decisions. Instead of just feeling down, it's as if a fog sets in, and negative thoughts become a constant loop in the mind.

In a simple way, can you educate us about "Acute Depression"?



QUESTION 1



Priyanka Aggarwal
Answers

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I discovered I had acute depression when my friends and family noticed alarming changes in my behavior: I was sleeping all the time, withdrawing from social interactions, showing no interest in activities I once enjoyed, and struggling at work. A particularly difficult day brought strong suicidal thoughts and a sense that life had become meaningless and directionless. I felt chronically fatigued, unwell, and would cry for no reason—it was as if a dark cloud had settled over everything. After a candid conversation with a close friend, I visited a psychologist, who officially diagnosed me. It turned out that overwhelming changes in my personal and professional life had triggered a deep sense of irrelevance and low self-worth.

How & when did you find out
that you had
“Acute Depression”?



Priyanka Aggarwal
Answers

QUESTION 2

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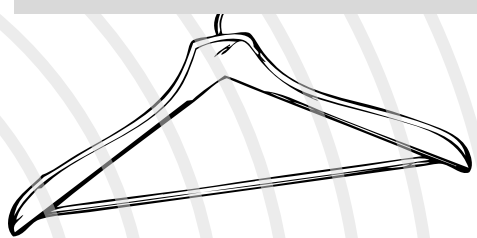


Living with acute depression was incredibly isolating. The fatigue and nausea were constant, and I was caught in a cycle of hopelessness and tears. The hardest part was the denial I faced from those around me—many dismissed my struggles, telling me to “snap out of it,” or that I was exaggerating. This stigma made me feel ashamed and added to my sense of isolation. Even when people noticed I was struggling, there was a reluctance to acknowledge depression as a real condition, making it even harder to reach out for help.

How had been your personal experiences, living with “Acute Depression”?



Priyanka Aggarwal
Answers



QUESTION 3

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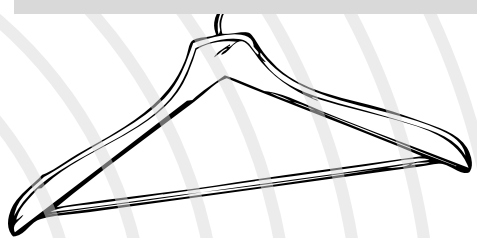


My family and close network, while concerned, often didn't know how to respond. There was significant denial, possibly because mental health issues are still stigmatized in many communities. Instead of support, I often encountered comments that dismissed my pain. This lack of understanding and support made recovery harder. Looking back, I believe families, friends, and caregivers should approach such struggles with empathy—simply acknowledging someone's pain and making them feel supported can make a huge difference. Unfortunately, that acceptance was mostly missing during my toughest days.

What had been the experiences of your family members, close network?



Priyanka Aggarwal
Answers



QUESTION 4

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Overcoming depression was a multifaceted journey:

Journaling: I maintained a daily journal where I wrote down five positive words and set myself the goal of using them throughout the day. **Positive Company:**

I surrounded myself with people who believed in me and distanced myself from negativity and stigma. **Physical Activity:** Fresh air and daily exercise

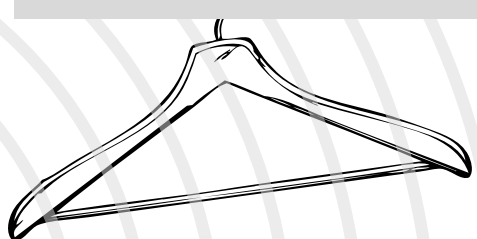
helped uplift my mood and improve my physical health. **Motivational Content:**

I found great comfort in motivational videos, particularly from Sandeep Maheshwari. The emphasis on questioning negative thoughts and breaking destructive mental patterns was a turning point.

What helped you overcome this “Acute Depression”?

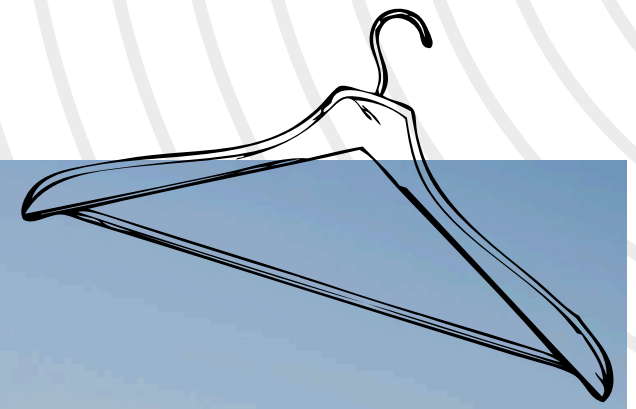


Priyanka Aggarwal
Answers



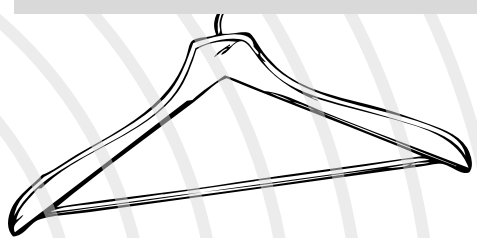
QUESTION 5

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Spirituality: Exploring spirituality, in my own way, brought me peace and resilience. It took 8-10 months of consistent effort, but these practices truly made me happier and healthier. Today, I continue these habits and remind myself daily that I am enough—nobody defines my worth except me.

What helped you overcome
this “Acute Depression”?
(Answer Continued)



QUESTION 5

Priyanka Aggarwal
Answers

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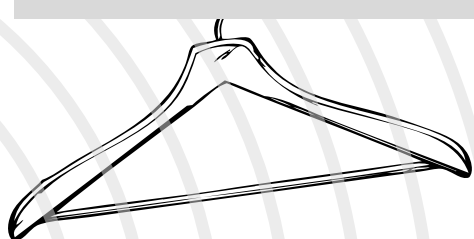


To anyone navigating the challenges of depression: your feelings are valid and you're not alone. Speak up about your experience, seek out support groups, and surround yourself with people and content that uplift you. Don't hesitate to journal your thoughts —it can lighten your mental load and provide clarity. Healing isn't linear, but with kindness, resilience, and the right support, brighter days are within reach. Remember: your current struggle doesn't define your entire story, and you have every reason to hope and believe in recovery.

What's your message for others, who are having a tough time because of "Depression"?



Priyanka Aggarwal
Answers



QUESTION 6

 An initiative by "Consult Aniket"



 **What's This About?**

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their **Mental Health Disorders**



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Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

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