



***Coping With* Depression And Anxiety**

Your Free Article About Depression:

Depression: The What, Why and How of Depression

Depression disorder may affect almost 10% of the population every year. Women seem to be more vulnerable to developing depression than men. Depression can develop during the teenage years, the young adult years or during the autumn years of old age. However, depression is a treatable condition. Here is some free information for your education.

What is depression?

It is a physiological or psychological disorder that negatively affects your emotional state, your mental health, your physical health as well as your will to live and learn. The symptoms of depression may include the following signs:

- Physical symptoms such as chronic fatigue, sleeping problems and eating disorders.
- Emotional signs like excessive guilt, irritability and despair.
- Mental symptoms such as negative thinking, concentration problems and an obsession with death or suicide.

What may cause depression?

The following factors may cause the development of depression:

- Abnormalities in the composition of brain chemicals such as serotonin.
- Stress, pessimism and low self-esteem can make a person more susceptible to developing depression.
- Various upsetting life events such as divorce, death, violence, abuse or failure may increase the chances of being depressed.

How is depression treated?

Depression may be treated with medication or various types of therapy. Antidepressants may be initially prescribed by a doctor or physician to treat the symptoms of depression. Then you may be referred to either a psychiatrist or a psychologist for further therapy. These psychological treatments may include cognitive behavioral therapy, psychotherapy or counseling.



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When is it depression and when is it only normal sadness?

Many experiences in life can leave you feeling sad. Losing your job may make you feel like a failure or make you sad with disappointment. This is a normal response to upsetting life events. However, people can adapt to these sad experiences by developing new relationships, getting a new job and living their life with hope and enthusiasm.

Sadness becomes less defined after awhile. Depression does not. In fact this normal sadness will turn into an abnormal state of depression and despair which only increases in intensity with the passage of months and years. This shows that this person is in need of medical and psychological help. Some people tend to respond much better to negative life events than other people who may slip into a state of despair and negative growth.

Where can you find more information on depression?

Here are a few online resources where you may find free information on depression.

[American Psychiatric Association](#)

[National Mental Health Association](#)

[Clinical Depression](#)

[Overcome Your Depression](#)

[Coping with Depression and Anxiety Blog](#)

If you suspect that you may be suffering from a depression disorder, make an appointment with a doctor or psychologist. They may be able to evaluate your situation and symptoms and provide you with further help.

Thank you for reading this article about depression.



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