

Early signs of depression

MANY people come forward during the festive season, saying that they experience feelings of loneliness.

An open question: Do people confuse a feeling of loneliness with depression? Experts say depression is recognized by despondency combined with pessimism about the future, social withdrawal, slow movements like walking slowly, delayed thought processes or one or other form of anxiety.

Depression is a complicated subject. It is a pity that a certain stigma surrounds it. People who suffer from this condition are sometimes totally ignored. Factors that make one more receptive for depression are: trauma (this includes disability), an unhealthy lifestyle – like a bad diet, lack of sleep, too little exercise, smoking and excessive use of alcohol.

What then is the difference between plain “unhappiness” and depression? Everybody feels despondent and discouraged sometimes. Experts say these feelings alone are not necessarily unhealthy. It may sound strange, but personal drawbacks play a big role in one’s life – it builds character and teaches life lessons. A ship can’t sail in calm waters only. One’s body gets stronger as it experiences resistance.

However, according to experts, persistent negative feelings should be given attention. Depression as an illness is growing. It allegedly increased by 60% over the past 45 years. The World Health Organisation estimates that depression will be the second largest illness in the world in 2020, behind heart disease.

It is important to see any changes in your emotions in a serious light. Go to a psychologist, rather sooner than later. It is important to exercise regularly, follow a healthy diet and not skip meals. To be a part of a good circle of friends is part of the integration. To deem yourself worthy of love is also important. Care for other people. Reward yourself regularly. Plan your day. Learn techniques that help you relax. Use alcohol moderately. Speak to your family and friends about things that bother you. Keep a diary. Set new goals.

Experts found the brain can literally take in what your thoughts prescribe. If you tell yourself you are “stupid” a hundred times a day, you are programming yourself negatively.

On the other hand, if you tell yourself you are a winner ten times a day, you are programming yourself positively.

I would like to know more from experts in this field.

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