

Depression

More than just sadness...



Owen Jones

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DEPRESSION

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by

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Hello and thank you for buying this book called 'Depression'. Churchill, a renowned sufferer of depression called it 'The Black Dog'.

It has had several names over the years, and it seems to be more common than ever. Luckily, it can be treated fairly easily too, if the sufferer knows that he or she has a problem and also seeks help, which is far too often not the case.

Most people 'snap out of it' with a little help from their friends, although it can and does return. Others can't bear it any longer and take the ultimate escape route.

I hope that you will find the information helpful, useful and profitable. Please be aware that I wrote the content of this ebook after a significant amount of research.

The information in this ebook on various aspects of depression and related subjects is organized into 15 chapters of about 500-600 words each.

I hope that it will interest those who are concerned about the problems associated with depression in all its forms.

As an added bonus, I am granting you permission to use the content on your own website or in your own blogs and newsletter, although it is better if you rewrite them in your own words first.

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Thanks again for purchasing this book,

Regards,

Owen Jones

Depression

Do you never feel as if things are going well for you? Do you never want to be with others? Can you never see the funny side of life? If you have been suffering from a sense of sadness for quite some time now, you should face up these bouts of depression and have yourself examined by a doctor.

Depression, or periods of prolonged sadness, is actually quite common in the United States. Something like 9.5% of the American population suffers from this illness, although not all of these cases are treated, so, depression and its side-effects continue to be a burden to many individuals. It seems to many that depression is quite simple to treat, but in reality, it takes more than a little cheering up to actually cure depression.

Depression can easily affect a person's normal daily activities and the way that he or she functions. One can soon feel like a wet blanket, and start to avoid contact with others. A lack of confidence and a world-weariness often come to replace an individual's normal happy personality. Not only that though, a person suffering from depression is never the only one who suffers from this destructive illness, his or her friends, family and colleagues will probably also be affected.

When people who are close to a depressed person notice the change in personality – often they just don't care about themselves any more and everything seems to be too much trouble – it can affect them adversely too.

Fortunately, depression can be cured, but, as with all illnesses, the earlier it is diagnosed the better. Depressed individuals can be treated through therapy and medication. Sometimes, it is necessary to consult a psychiatrist, although your first point of contact should be your general practitioner who will refer you if necessary.

Perhaps because depression is so common, many sufferers do not recognize their condition even when everyone else can see it. Therefore, it is necessary to be honest with oneself in order to take the first steps to curing the illness. Do not overlook the most common symptoms of depressed individuals. These include sudden uncharacteristic behaviour such as losing interest in one's hobbies, sports or pastimes; a tendency to want to stay in bed; an inability to sleep; anti-social behaviour; an obsession with sad subjects or even death.

There are other symptoms too, but if several of the above characteristics describe you or someone you know, it is time to visit a doctor right now, because delay can be fatal.

Depression should not be something to be ashamed of. People fear the social stigma of mental illness, but rather than pretending that there is no problem, people should take charge of their lives, face depression and fight it as an outpatient. The stigma is far less now than it was even ten years ago. Life is too short to waste, so if you suspect that you, or a loved one is suffering from depression, don't be frightened of it, start having it treated today by visiting your GP.

Depression and Anger

Depression and anxiety are widely recognised to be two of the main causes of uncontrolled anger. When a person is continuously worried about things over which they have no control, it often causes depression. This often results in the person having the feeling that there is no hope, and that depression will soon have a devastating affect on their life causing them to sink into a world of chaos.

Taking control of one's emotions produces good results. If you feel that the world is crumbling around you, then you are probably thinking negatively, which instigates depression and anxiety. In this article, we will discuss some techniques to help you cope with anxiety and depression, thus preventing uncontrolled anger.

First, let us take a look at your symptoms. Do you feel like you are going out of your mind? Do you shout in your head: 'I cannot take it any more?' Do you feel like someone is out to get you? Do you think people view you as a crazy person? If you are suffering any or all of these symptoms or thoughts then you are probably in danger of suffering anxiety and depression.

If you cannot find a way to think differently, then your rage will probably become evident when your emotions soar out of control. Instead of telling yourself that you are out of your mind, why not tell yourself that you are temporarily emotionally disturbed and that you need to resolve the situation? Review all the problem areas carefully and search your memory

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