



Depression through the eyes of Psychology



With knowledge the real healing starts



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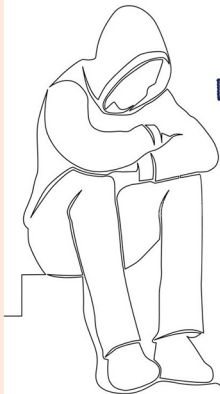
THINGS MEN WITH DEPRESSION SECRETLY WANT EVERYONE TO KNOW

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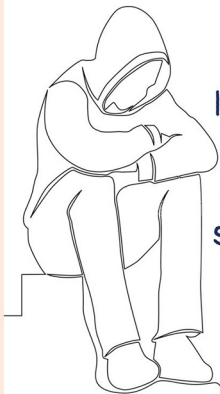
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Depression doesn't
acknowledge the phrase
'Man-up'



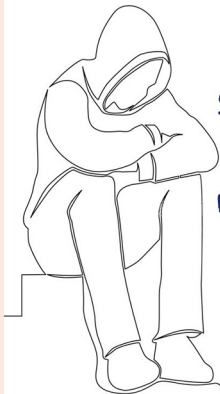
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It's not realistic to
expect them to be
strong in every
situation



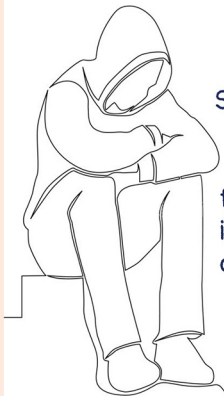
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Sometimes their
depression shows
up as anger



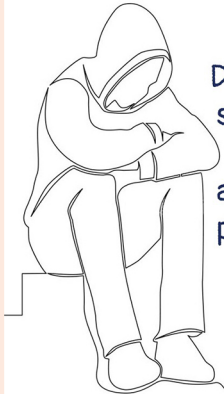
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Sometimes when they pull out themselves from a conversation or party or any family function, it's not their ignorance, they just can't keep up the appearance



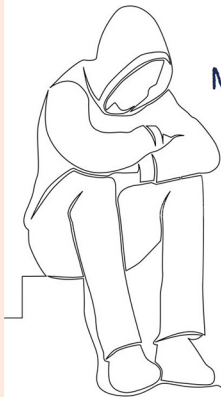
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Depression can make him
seem like a different
person & effects their
ability to be a good partner,
parent or employee



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Men with depression don't want you to 'Fix' them.

There is a difference between supporting someone's recovery and trying to "take away" their problems or change them.



7 Things that are hard for people with depression to admit



They are struggling & need help



Good days are relatively 'Normal' but bad days are unbearable for them



They don't always have a reason to be depressed



Depression can cause them to feel like a burden & it makes them isolated



It's not just sadness so it can last for weeks, months, or even years



Depression is not a choice so they can't control this feeling



They push people away because of the fear of letting people down

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When do you know that you must seek professional help?

- 1 When it's been more than 2-3 weeks since you've been avoiding social activities
- 2 When you often find yourself being caught up with confused thinking/trouble concentrating
- 3 When you find sudden changes in your eating or sleeping habits
- 4 When you engage in sudden difficulty perceiving reality
- 5 Overuse of alcohol or drugs to cope with discomfort or disturbance within



When do you know that you must seek professional help?

- ⑥ When excessive worrying, fear or sadness becomes an unnaturally routine like experience
- ⑦ When you experience random physical pains or aches
- ⑧ When you have suicidal thoughts
- ⑨ When you feel unheard & misunderstood everyday



When do you know that you must seek professional help?

- ⑩ When your bowel movements aren't clear even after treating it with medication
- ⑪ When you feel like a victim
- ⑫ When you feel irritated with others cracking jokes & find it difficult to even smile

MEET DEPRESSION

LIKES

Being alone

**Pushing people
away**

**Constantly telling
us we are not
good enough**

**Feeding us
negative thoughts**

**Casting a shadow
over any positive**



DISLIKES

Opening up to people

**Allowing us to
ask for help**

**People being nice
to us**

**Letting us out of
its gloomy
darkness**

**Letting us feel
good about
ourselves**



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DEPRESSION CAN LOOK DIFFERENT FOR EVERY INDIVIDUAL



Apathetic



Insomnia



Hypersomnia



Frequent
mood swings



Reduced
Appetite



Excessive
Hunger



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DEPRESSION IN OLDER PEOPLE •

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WHY DEPRESSION IN OLDER PEOPLE CAN OFTEN BE OVERLOOKED

- a. They may feel that depression is an inevitable aspect of aging.
- b. They may be isolated and have little contact with others, so their isolation and depression goes unnoticed.
- c. They may not recognize that physical complaints are signs of depression.
- d. They may be reluctant to ask for help or talk about feeling depressed.



Signs of depression in older people

Feelings of sadness

- ◆ Little or no interest in socializing
 - ◆ Disregard for personal care
 - ◆ Frequent use of alcohol or drugs
- ◆ Problems with speech and memory
 - ◆ Erratic sleeping patterns
 - ◆ Suicidal thoughts or comments



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How depression differs from dementia

Depression and dementia share many symptoms, but there are some crucial differences between the two that are important to recognize.

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Dementia

Mental decline often occurs gradually.

The person is often confused and may have little or no awareness of his/her environment.

The person may have difficulty with short-term memory.

The person's writing, speaking and motor skills may be severely diminished.

Depression

Mental decline happens quite rapidly

The person is fully aware of his/her environment.

The person has difficulty in concentrating on the present.

The person's communication skills are slower than usual but not severely diminished.



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TEACHING AND THERAPY ONLINE

WHAT CAN OLDER PEOPLE DO TO EASE DEPRESSION?

Try to find a social group that interests you. If that fails, invite family around or keep in touch with people through phone or email.

Obtain some mild exercise every day. Even a 15 min walk will make a profound difference.

Avoid sugary foods that will give you a short-term mood boost before crashing later.

Proteins, carbs, and healthy fats will keep your blood sugar on an even keel.

If you feel extremely low for a prolonged period of time and anything you have tried to improve your morale hasn't worked, you should seek the assistance of a professional therapist.

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Suddenly Depressed:

Why Your Depression
Seems To Come Out of Nowhere

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Your chemistry is off

For many people, being suddenly depressed comes from a chemical imbalance in the brain. This kind of depression is known as chemical depression and it's something that you have no control over and that can sneak up on you.



It has been there all along, hiding

For many of us, depression can sneak upon us. We think that we are fine, fine, fine and then suddenly we are not. But the reality is that often our depression comes into our lives gradually and we only notice it when it reaches full strength.

So, take a good hard look at what has been happening in your life. Maybe the depression isn't so sudden after all.



It could be the time of year

Every year many of us are affected by something called Seasonal Affective Disorder (SAD).

People who are struggling with SAD are people whose mood changes with the seasons. For many people, SAD happens during the long winter months. The cold weather and limited sunshine can have a debilitating effect on a person's mental health.



You just are

When we are feeling depressed we tend to cast around for a reason. The sadness is uncomfortable and if we can just find something to explain it then we think we will feel better.

And yes, identifying the cause of depression can be the first step towards managing it. But sometimes there is no cause. Sometimes we are just depressed.



It is important that,
if you are depressed,
you deal with it right away.
Depression that goes untreated
will only get worse.
**So, deal with your depression
today!**



Is it possible for children to be depressed?

Sadly, yes. Around 2 per cent of school-aged and even preschool children suffer from depression.



How Can You Tell If Your Child Is Depressed?

Here are some of the signs and symptoms of depression in children that parents need to look out for-



Emotional Symptoms of Depression in Children

Experiencing anxiety – Does your child appear stressed, tense, or anxious? Depressed children may become panicked without any obvious triggers.

Becoming sad & hopeless – The major signs of depression are feelings of sadness and hopelessness. Your child may cry frequently, or they may isolate themselves to hide their tears.

Losing interest in activities – If a child loses interest in hobbies which they found pleasurable earlier, it may be a sign of depression. The child may nag about feeling bored all the time or may withdraw from participating in activities that they used to like.



Behavioral Symptoms of Depression in Children

Becoming restless – Behaviors like fighting and arguing, being reckless, fidgeting and acting unruly can be a result of depression in children.

Overdoing any activity – Your child may over-indulge in specific activities like playing video games or eat excessively due to depression as they tend to act out of control.

Self-injuring tendencies – Childhood depression often makes a child harm and injure themselves or indulge in activities that involve unnecessary risks.



Cognitive Symptoms of Depression in Children

Unable to organize their thoughts – A child suffering from depression may have problems with their studies and will probably have difficulty in school. If they are unable to concentrate or complete their homework and other tasks, it is probably because they are depressed.

Feeling guilty and worthless – Depressed children tend to lose all sense of self-worth and consider themselves as useless. As a result, they may feel guilty for being a failure in their own eyes.

Having suicidal thoughts – Despite how scary this may be to believe, but children can have suicidal thoughts just like adults. They may express their feelings through art or writing stories showing how they wished they were dead.



Physical Symptoms of Depression in Children

Experiencing insomnia – Childhood depression can often lead to insomnia, just like in adults. The child will have difficulty in sleeping. They may stay up all night, wake up very early or even oversleep.

Loss of appetite – If your child has started to lose weight or has lost their appetite, then its best to consult a doctor immediately. Depressed children usually avoid eating as they lose interest in all activities and become hopeless. On the contrary, if they tend to eat more than usual, then that may also be a cause for alarm.

Being lazy and sluggish – Depression can make children lazy and they will become almost inactive and refuse to play or go outside. They will become slower and act as if they are disinterested.



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Ruchi Bakhai

Founder & Psychologist at EduPsych

"Unlike many, I wasn't aware of terms like 'self-esteem', 'self-worth', and 'self-image'. It's unfortunate that my ignorance led me to be a people-pleaser and welcomed Depression into my life. Fortunately, I educated myself with 'self-care', to learn what I didn't know but needed, and now I propagate it tirelessly."

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A simple self-care recipe



An ounce of
mindfulness



A sprinkle of
self-confidence



A drop of
creativity



A slice of
kindness



A spoonful
of fresh air



A pinch
of gratitude



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Now that you've
the knowledge,
don't suffer in silence

At EduPsych,

you can opt for a
healthy mind

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