

## **Depression**

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Depressed people may feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details, or making decisions, and may contemplate or attempt suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains, or digestive problems that are resistant to treatment may also be present.

Depressed mood is not necessarily a psychiatric disorder. It may be a normal reaction to certain life events, a symptom of some medical conditions, or a side effect of some drugs or medical treatments. Depressed mood is also a primary or associated feature of certain psychiatric syndromes such as clinical depression.

### **What You Can Do :-**

Seek the right kind of social support Social isolation increases the risk of depression. But it turns out that spending too much time discussing problems with friends could actually increase depression as well.

#### **Exercise Helps Keep Your Psyche Fit**

Exercise is an effective, cost-effective treatment for depression and may help in the treatment of other mental disorders.