

WEEK OF 11/02/20

# WEEKLY WELLNESS



## What is Depression

Depression is associated with the prolonged disturbances of moods. People with depression often feel the sense of hopelessness, negative thoughts, and sadness. Depression causes a person moods and feelings that they just cannot seem to shake off. It makes living life feel very difficult and draining. These feelings also last longer than usual, and constantly interfere in one's participation in daily life.



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# The Many Faces of Depression

As we previously mentioned, depression is associated with the prolonged disturbances of moods. The biggest cause of depression is changes from within the brain. Sometimes factors such as life stressors, medical conditions, and consumed substances affect the way your brain regulates your moods. There are many different types of depression that are accompanied with distinct symptoms:

Major Depression: People with this common disorder have no obvious reason, yet still experience the symptoms everyday, for most of the day. Symptoms: fatigue, grief, difficulties with sleep, loss of interest, lack of concentration, unstable appetite, thoughts of self-harm or suicide.



Persistent Depression: is a depression that lasts for two or more years. Symptoms: sadness, low self-esteem, change in appetite, loss of interest, social withdrawal, inability to feel joy, fatigue

Manic Depression (Bipolar Disorder): is like an elevator of emotion. There are manic periods where a person will feel elevated and happy, then alternates with the low feeling of depression. Symptoms: (Manic) High energy, boosted self-esteem, Irritability, euphoria, risky/destructive behavior, (Depression) sadness, fatigue, loss of interest, suicidal thoughts.

Depressive Psychosis: are symptoms of major depression with periods of the loss of connection with reality. Symptoms: inability to sit still, slowed movements, hallucinations

Perinatal Depression (Postpartum Depression): occurs after, sometimes during pregnancy. Moms with a lack of support are at higher risk of this depression. Symptoms: exhaustion, sadness, anxiety, anger, difficulty caring for self or baby, extreme worry about baby, thoughts of harm to self or baby.

Premenstrual Dysphoric Disorder: is a more intense form of premenstrual syndrome (PMS). Symptoms: sadness, binge eating, body pains, cramps, irritability, extreme mood swings, anxiety, loss of energy

Seasonal Depression: is major depression with seasonal changes. Normally occurs in the fall, lasts through winter, and breaks in the spring. Symptoms: increased sleep, social withdrawal, increased appetite, sadness

Situational Depression: occurs as a result of a specific event such as financial hardship, relationship that is mentally or physical abusive, or friend/family death.

Symptoms: social withdrawal, change in appetite, sadness, anxiety, difficulties with concentrating.

Atypical Depression: is major depression that temporarily disappears when a positive event presents itself. Symptoms: Increased appetite, weight gain, aches and pains, insomnia, criticism sensitivity, poor body image







## Ways to Manage Depression

There are many reasons that a person may suffer from these severe symptoms of depression, however, there are ways to manage it:

Exercise: exercise in itself has been proven to lower some of the symptoms of depression.

Maintain a balanced diet: for support of your mind, body, and spirit

Avoid alcohol and drug consumption: both substances can trigger depression.

Get a proper amount of sleep: At least 8 hours can help recurrences and aid with the recovery of depression.



If you have been experiencing symptoms of depression, please do not delay. Depression, like other chronic conditions have underlying causes such as diet, stress, and lifestyle choices that many are not aware of. At Natural Medical Solutions, Dr. Ravello gets to the root cause of these ailments and helps to restore the body as a whole.

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