



HOW TO COMBAT DEPRESSION

Depression is a complex illness that affects more than your mental and emotional health—it can affect every other aspect of your life, physically, socially and professionally. Depression can impact anyone, and while it can be easy to see that someone is depressed, many hide it well. Put simply, the disease is exhausting, completely life-altering, and sometimes deadly.

Possible causes include a combination of biological, psychological and social sources of distress. Increasingly, research suggests that these factors may cause changes in brain function, including altered activity of certain neural circuits in the brain.

The persistent feeling of sadness or loss of interest that characterises major depression can lead to a range of behavioural and physical symptoms. These may include changes in sleep, appetite, energy level, concentration, daily behaviour or self-esteem. Depression can also be associated with thoughts of suicide.

For those with depression, starting each day can be a challenge and it can be difficult to accept support from loved ones and health professionals. Many people who are diagnosed with depression, including school children, say that it becomes hard to concentrate on what you need to do and the inability to complete things makes you feel abnormal.

What to do when you feel depressed:

- Meet yourself where you are - accept that where you are right now is not where you will always be. Be open, accepting, and loving toward yourself and what you are going through.
- Feel how you feel - let yourself feel the emotions — but do not stay there.
- Today matters – today’s moods, emotions, or thoughts do not belong to tomorrow. Accept that while some days will be difficult, some days will also be great. Try to look forward to tomorrow’s fresh start.
- Focus on parts rather than the whole – not focusing on the one thing that went wrong instead of the many things that went right.
- Use logic as a weapon - do the opposite of what the ‘depression voice’ suggests.
- Routinise your tasks – compile and follow [My To-do list](#) daily.
- Do something you enjoy most – e.g. watching a movie; reading a book; volunteering tasks; participating in sports; etc.

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