

## **What is Depression?**

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HE 230 01 – HEALTH EDUCATION – 20S2

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September 4, 2020

### **Abstract**

What is depression? Is about the real definition of the word and how it makes people feel.

Depression can way different toles on everyone at times it could make them feel like committing suicide. On others it could make them talk down about themselves. Like for example it could make you say that no one would ever love you because you are fat. But we cannot let that word have power over us it just a word. Yes, the words can be powerful but hey we are too we made it threw tougher this before so let us make depression another thing we get threw together.

Keywords Depression, suicide, and power

## WHAT IS DEPRESSION?

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Did you know as of 2017, 300 million people around the world have depression, according to the World Health Organization. Depression is not just a disorder you can really inherit. You can be diagnosed with it at any age. Here are some symptoms of depression sadness, tiredness, trouble focusing or concentrating, unhappiness, anger, irritability, frustration, loss of interest in pleasurable or fun activities, sleep issues (too much or too little), no energy, craving unhealthy foods, anxiety and isolation. It is more difficult for some people to battle it without them doing something they may regret. So, people handle their depression by talking themselves down. Like calling themselves names for example a little girl no older than seven years old struggled with depression and it was one of the worst cases I have ever seen. She to always say that she was too fat to do anything that no one loved here because of it, that she was too dumb to get good grades, and she was ugly so she would never find a way to make friends. That girl eventually ran away from home and never got to see her family again because she thought that she was all alone. Depression hits others harder than it hit the seven-year old girl some people take their own life because they cannot take it anymore. There are a lot of different causes to depression there is death or loss of someone, abuse, certain medications, personal problems, and there are still so much more. Depression can be harder to take on by yourself so if you are going through depression be sure to tell someone about it. Not saying tell everyone you know start of small if that is easy. Cause you will never know that one person you may tell may just save your life one. They could also motivate you and help you get over it. But just because you do get over it does not mean it is gone for good. Depression has already taken so many lives do not be the next victim. There are a lot of things that you can do to help you overcome your depression. Here

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are some of Ms. Kloppers top ways. Practice mindfulness, listen to upbeat music, stop the negative self-talk, distract yourself, exercise, do not give up and forgive others. Cause whether you admit it or not other people can way one of the biggest toles on you with what they say. So, try to surround yourself with positive people and people that are going to help you grow in life as you will do the say for them. We have already gotten there so much as humans it is time that we get threw our depression now also. Cause I am tired of letting depression win so stand up and take control over your life do not let depression have the power. You are strong and it's time to show it.

### Reference page

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