

Title:

Chronic Depression Can Cause The Blues

Word Count:

936

Summary:

Depression is a common problem with many people from all walks of life and is never talked about

Keywords:

anxiety and depression, chronic depression, natural remedy for depression, own depression, panic

Article Body:

Chronic depression blues - Why do we feel so depressed? What makes us feel depressed? Will the

I'm sure that most people have suffered from "the blues" at some stage in their lives, but for

The truth is by doing this it can help, but even though this easy technique sounds simple, it
In the end you cry out 'who am I fooling'. You put the book aside or you stop walking. You are

Can these feelings of depression ever go away and stay away? Do we need a mentor, a friend or
Sometimes the problem with people, who have never suffered from chronic depression, is that they

Just a warning about befriending others. People with chronic depression will always feel more

Medication

For some with diagnosed chemical imbalances, medication such as antidepressants can be an alternative

Therapy

Talking to a professional therapist could be the answer for some people. A therapist is trained

Face your fears. Why not stand up to your demons that are causing your chronic depression. Try
But what if there is a bad experience that has triggered your chronic depression. Do something

Say good bye to chronic depression and 'The Blues' feeling.

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