

Title:

Depression: A Mental Trauma

Word Count:

571

Summary:

The article is about the perils of uncontrolled depression and its symptoms as well as possible treatments.

Keywords:

Antidepressant, Most effective antidepressant

Article Body:

Judy who recently got a divorce and left to take care of two kids ages 7 and 10 is on the verge of a nervous breakdown.

But suddenly...she was alone. Alone in every aspect of decision making. Alone in paying the bills.

One day, she just sat in front of the t.v set...staring at the screen without really watching.

She was scared of being a single parent. Judy found herself in the middle of depression. It is a scary experience.

Depression is a common condition in fast, high pressure societies. Studies shows that women are more likely to be depressed than men.

1 Drastic change in appearance and appetite either weigh gain or weigh loss

1 Emptiness and pessimism

1 Feeling overly tired or lethargic

1 Thoughts of suicide

1 Restlessness and/or Irritability

1 Difficulty in concentrating

1 Being so forgetful

1 Feelings of guilt

1 Loss of interest in usual hobbies

The degree of depression depends on how person goes under the degree of mental trauma. As we go through life, we experience various stresses and strains.

A depressed person would likely get over it if there is an caring friend or a close relative to help them through the tough times.

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