

STRESS AND DEPRESSION



We often hear phrases like, 'life is so stressful' or 'what a depressing day', because we all go through stress almost every day. So let us try to understand what stress and depression is all about. Realizing the symptoms, types and treatment is the basic step to surpass the problem.

Stress is described as a feeling where a person undergoes lot of mental and emotional pressure. It is not an illness but can cultivate into one if not addressed on time.

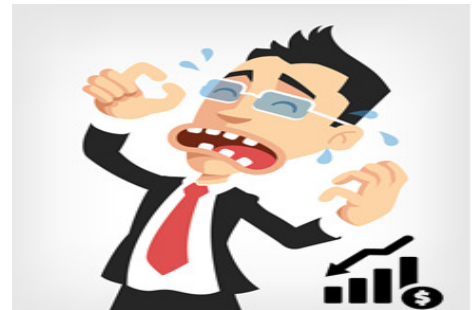
It can be identified as feeling dazed, annoyed or frustrated, changes in eating habits, sleeping disorders, memory hitches, difficulty in concentration, etc.

Types of stress: Stress usually indicates a negative condition and so is perceived as bad which is wrong.



Eustress is good, inspires and helps in focusing energy, improves performance level, is manageable and temporary, for instance buying a new home.

Distress triggers nervousness, is not easily manageable and can cause physical and psychological problems, for example a bitter divorce.



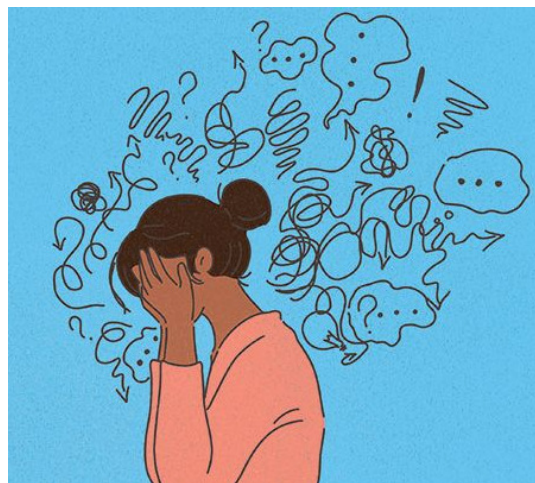
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Episodic acute stress: is caused due to repetitively experiencing acute stress where people are inclined to take too much on themselves with total lack of management

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It simply means a state of feeling very disheartened, insignificant and incapable

Depression:

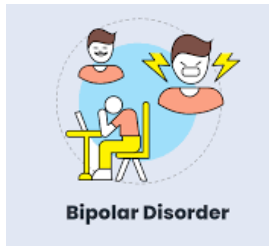


Depression can be categorized into:

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Dysthymic (Persistent Depressive) Disorder: a person is mildly depressed to a level that appears to be part of his temperament and is long-lasting and can continue for two or more years.



Bipolar (Manic) Disorder: leads to mood outbreaks that vary from extreme energy with a positive mood to negative low mood. While in low mood the person will display signs of major depression.



Cyclothymic Disorder is long-lasting but a milder form of bipolar disorder.



Seasonal Affective Disorder (SAD): here people suffer only during specific seasons of the year.



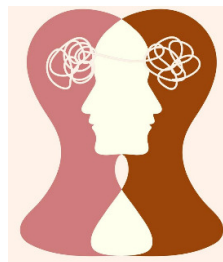
Postpartum Depression: condition striking women during one to six months after child birth.



Premenstrual Dysphoric Disorder (PMDD): Few percent of women feel depressed some days just before their menstrual period.



Psychotic Depression: a person shows psychotic signs of delusions, paranoia and hallucinations.



Mood Disorder due to general medical condition: Depression triggered due to an identified or unidentified physical medical condition.

Stress and depression can affect in identical fashion but have **significant differences:**

Stress	Depression
Has a noticeable cause	May strike out of blue
Associated with present happenings	Can be related to unsettled previous incidents
Linked to life episodes	Can hit even when life is good
Can be cracked down if life incidents modify	Can continue for years
Some stress is good and can be motivating	Low depression can yet be devastating
Normal to have stress in society	Regrettably carries social humiliation
If untreated can lead to anxiety syndromes or depression	If ignored can instigate feelings of suicide
Extreme stress can lead to heart attack	Too much depression can lead to suicide

Now let us see the **Stress-Depression Connection**: The relation between stress and depression is knotty and the **line between them seems to be blurry as they are correlated.**



Stress can trigger depression: Chronic stress if not addressed can influence your self-confidence resulting to pessimistic conduct and indecisiveness. If this negative mind-set is prolonged, it multiplies the risk of depression in vulnerable people.

Also, stress is generally the cause of anxiety and anxiety is mostly the basis for depression. This is a very ferocious cycle which is difficult to come out from. So it is important to deal with stress in early stages.

A person can be both stressed and depressed at one time: If one is extremely stressed their self-confidence drops resulting to depression or a depressed person facing a very tough situation can get stressed, or at times a person can feel he is depressed and hence is stressed out.

Stress Management Techniques: *life is too blessed to be stressed!* Good practices may include:



1. Healthy lifestyle: a balanced diet, good sleep, daily exercise, avoiding nicotine, alcohol and caffeine, etc. help in uplifting mood and reducing stress.

2. Good relationships: isolation can spark stress and depression whereas encouraging relations cushions people from hardships and helps tremendously.

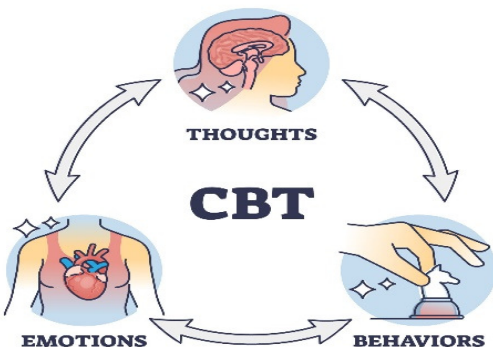


3. Relaxation techniques: like meditation, yoga, praying, deep breathing has a positive effect on people and can help de-stress.

4. 'Me Time': unwind yourself productively through art, music or plan out mini vacations.

5. Stress Diary: retaining a stress diary can assist in knowing the circumstances that lead to stress.

6. Talking Therapy: talking to someone can bring clarity in thoughts. Hence chatting with a close friend or taking help of a counsellor or psychotherapist will be good.



7. Cognitive Behavioural therapy: pessimistic outlook can intensify the effects of stress. Hence this therapy assists people re-structure incidents in a very positive manner.

Well that's about it for now. Hope you found this article informative. So next time when you feel stressed out tickle your funny bone and just say – 'Dear Stress, it's not working out. Let's break up'! ***Stay Positive and Be Happy.***



The intention of writing this article is to provide information and awareness only and should not be considered as an alternative to professional treatment or counselling.