

every sorrow. We are not here either to lecture on the importance of having faith in a brighter tomorrow because sun will shine or any other mainstream saying that has been too commercialized to the extent of it losing its moral essence but rather once the psychological damage is done, treatment exists and is a must.

Today I would like to inform you about the initial causes of depression and ways to cope with this psychological disorder.

Depression is fortunately “distinguishable”. Its original causes can vary and remain unclear since they may range from genetic reasons to environmental criteria but the correlation is not of value; what is, is actually the frequency of repetition if a depressive episode occurs is very likely to emerge again.

In fact, a preliminary symptom one can individually spot and note is the period during which one feels “sad”, “unhappy”, “down” or “upset”. Loss of joy is common from time to time however loss of interest in people and pleasure in activities one used to enjoy is often alerting.

Moreover, quick irritation, rapid mood swings, rapid tearful reactions are three elements in the depression symptoms check list that ought to call for surveillance if ticked. Over an extended duration of time, an individual potentially exposed to depression would want to be supervised in a detailed manner from his eating habits that are suggested to gradually disappear and cause weight lost all the way to concentration difficulties that will increase and lead to solitude and intentional exclusion from social interactions or any sort of public activities. The intensity of the prior symptoms will be subject of study and basis of evaluation to whether the patient is under mild or severe depression.

Psychological disorders that are labeled under the category of “mental health” are suggested to be treated with therapists, psychiatrists or counsellors for they are responsible of helping patients understand the “why” criteria of their problems and “how” to fix their inner illness.