

Managing Depression: The Links Between Emotional, Mental and Heart Disease

Depression and Heart Disease

By the Go Red For Women Editors

How to know if you're depressed

Depression doesn't show up on an X-ray. And it's more than a temporary change in mood, like waking up and feeling out of sorts one day but feeling better the next. It has to be detected through behaviors and attitude.

Feeling indifferent, unmotivated or disinterested in things, but at the same time satisfied, is apathy. But if you're sad, discouraged, hopeless about the future or suicidal, those are signs of depression. If you have five or more of the symptoms of depression and they last for longer than two weeks, there's a strong possibility you may be suffering from depression. Schedule an appointment with your doctor for a medical diagnosis and to discuss treatment options.

How to handle depression

First, acknowledge that you need emotional support. Then reach out to your loved ones – they'll want to support you. . .

Confide in someone you trust. . .

Discuss treatment options with your doctor. . .

Unload your feelings. . .

Stay active. . .

To learn more, please cut and paste this link at the URL:

<https://www.goredforwomen.org/about-heart-disease/living-with-heart-disease/depression-and-heart-disease/>

Robin Williams: What Good May Come

By Dr. Harold J. Recinos

The tragic news of Robin Williams' death reminds many of us that the psycho-emotional condition of depression is not always obvious to others' sight. Sadly, Williams annihilated himself to address the severe mental state disordering his sense of a meaningful life.

Depression is a very difficult condition to classify given the differences between clinical depression and everyday moods often associated with the catch phrase, "the blues." As a mood state, the condition of clinical depression is a serious mental illness that influences

one's thoughts, feelings, behavior and physical health, which is different from the condition of being "down in the dumps" or blue.

Depression does not discriminate in terms of age, gender, ethnicity, class or race. Persons suffering severe depression are not simply able to will themselves into good mental health; instead, they need to seek treatment for their symptoms to prevent their continuity for weeks, months, or years.

Clinical depression affects every aspects of a person's life such as sleeping, eating, the ability to accomplish everyday tasks, getting along with others, self-esteem, and motivation for doing enjoyable things.

Depression can make you feel helpless, produce suicidal thoughts, and lead to self annihilation like in Williams' case.

A Call to Church

What can we do to help others with severe depression, especially before they see no other way out of the anguish than death? We can learn the signs and symptoms of depression, encourage treatment, identify signs of a worsening condition, understand the risks of suicide associated with depression, remain vigilant for warning signs of suicide such as talk about suicide, severe mood swings, withdrawing from social life, developing personality changes, among others. We can provide support, learn all we can about depression, and locate helpful organizations that offer support groups, counseling and other resources for addressing depression and suicide.

To learn more, please cut and paste this link at the URL:

http://www.lakehighlandstoday.com/index.php/news/article/robin_williams_what_good_may_come/#sthash.QAU6Bw4B.dpuf