



DEPRESSION

Mood that only fluctuates and everyone experience highs and lows in their life. But in some cases changing in mood become long lasting debilitating and can impasse on ability to hold on the job or sustain meaning full relationship.it is estimated that around Eighty percent of people in some point of their life suffering from Depression. Scientifically speaking nobody needs a reason to be depressed, depression is when certain chemical in your brain become extremely unbalanced. You can have a perfect life and still have depression

A mood disorder characterize by several symptoms: Feeling sad, distressed, unmotivated, excessively tired and losing interest in pleasurable activity known as Anhedonia .Many people with depression also suffer from anxiety.



Let's understand the evolution of Depression:



WHAT INITIATE IT :

When Our senses pick up a threat –a creepy feeling ,a scary sight ,a loud noise .the information takes two different routes through brain

AND HOW THE BODY RESPONDS:

By Putting the brain on alert, the amygdala triggers a series of change in brain chemical and hormones that put the entire body in depression/anxiety mood.

A.THE SHORT CUT

When startled, the brain automatically engages an emergency hot line to its fear centre .The amygdala once activated it send the equivalent of an all point bulletin that alerts other brain structure. The result is the classic fear responses: Sweaty palms, rapid heartbeat, increased blood pressure and burst of adrenalin .All this happens before the mind is conscious of having smelled or touched anything, Before you know why you are afraid, you are:

B.THE HIGH ROAD

Only after the fear response is activated does the conscious mind kick into gear, some sensory information rather than traveling directly to the amygdala take a more circuitous route, stopping first at the thalamus .the processing hub for sensory cues and then the cortex the outer layer of brain cells. The cortex analyzes the raw data streaming in through the senses and decide weather they requires a fear responses. If they do, the cortex signals, the amygdala and the body stay on alert.



1

AUDITORY AND VISUAL STIMULI:

Sight and Sound are processed first by the thalamus which filters the incoming cues and shunts the either directly to the amygdale or to the appropriates parts of the cortex.

2

OLFACTORY AND TACTILES STIMULI

Smells and touch sensations bypass the thalamus altogether, taking a shortcut directly to the amygdale. Smells, therefore often evoke stronger memories or feelings than do sights or sounds.

3

THALAMUS

Sight and Sound are processed first by the thalamus which filters the incoming cues and shunts the either directly to the amygdale or to the appropriates parts of the cortex.

4

CORTEX

It gives raw sights and sounds meaning, enabling the brain to become conscious of what it is seeing or hearing .one region, the prefrontal cortex may be vital to may be vital to turning off the anxiety response once a threat has passed.

5

AMYGDALA

The emotional core of the brain ,the amygdale has primary role of triggering the fear response .Information that pass through the amygdala is tagged with emotional significance.

6

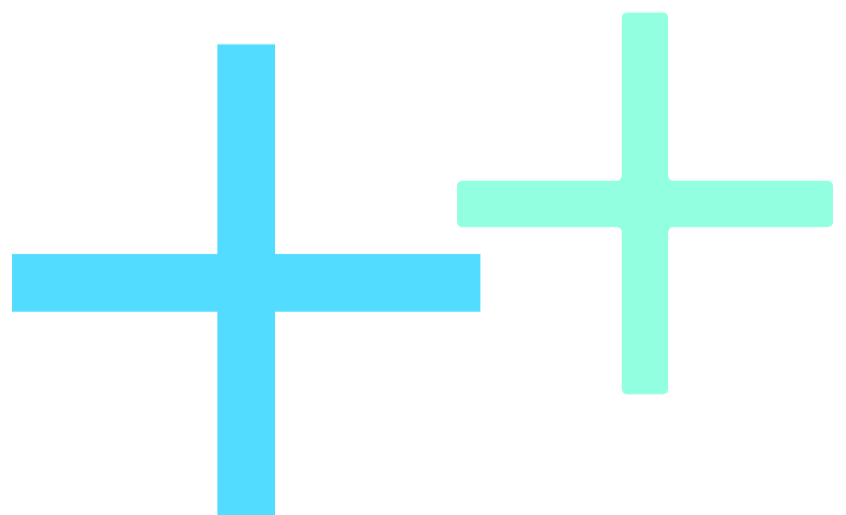
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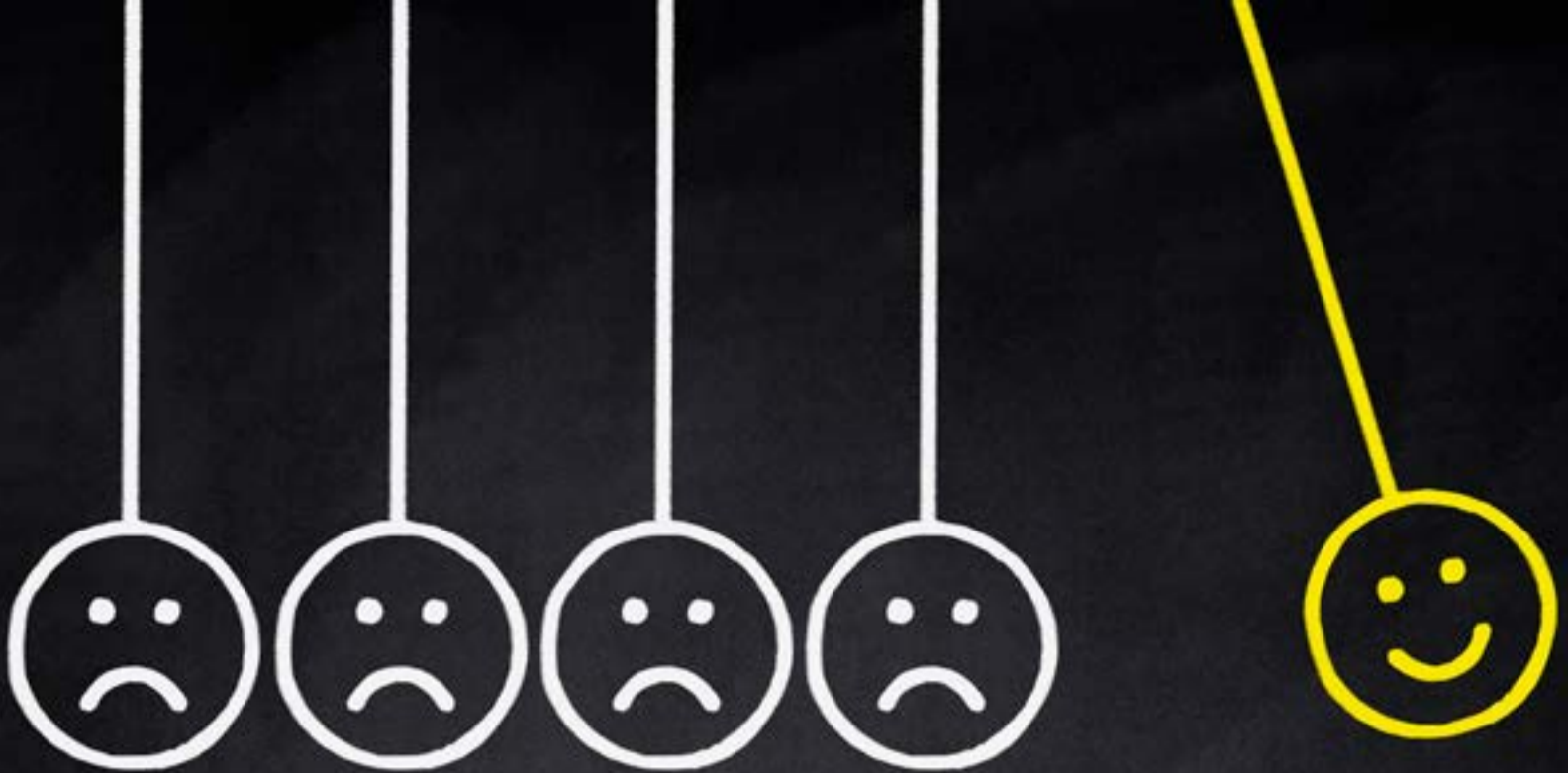
Unlike the amygdala ,which sets off and immediate burst of fear, the BNST perpetuates the fear response ,causing the longer term uncase typical of anxiety.

7

LOCUS CERULEUS

It receive signal from amygdala and is responsible for initiating many of the classic anxiety response ,rapid heartbeat, increased blood pressure ,sweating and pupil dilation.





8

HIPPOCAMPUS

This is the memory centre, vital to storing the raw information coming in from the sense, along with the emotional baggage attached to the data during their trip through the amygdala.

10

3F (FIGHT, FLIGHT OR FRIGHT):

The sense become hyper alert, drinking in every detail of the surrounding and looking for potential new threat. Adrenaline shoots to the muscles preparing the body to fight or flee.

9

RAISING HEARTBEAT

The body's sympathetic nervous system, responsible for heart rate and breathing, shifts into overdrive. The heart beats faster, blood pressure rises, and the lungs hyperventilate. Sweat increases and even the nerve endings on the skin tighten into the action, creating goose bumps.

11

DIGESTION SHUTDOWN

The brain stops thinking about things that bring pleasure, shifting its focus instead to identifying potential dangers. To ensure that no energy is wasted on digestion, the body has responded by emptying the digestive track through involuntary vomiting, urination or defecation.



FACTS

Over 500 million people worldwide suffer from depression at any one time; it is the world's most common mental disorder, usually present with other forms of mental and emotional distress, particularly anxiety disorders and addictive behavior.

Research suggests that women are at least twice as likely to get depressed

Over 70% of depressed people suffer from anxiety disorder like COD, PTSD or generalized anxiety.

Depression is on the increase in all age groups, despite over \$50 billion spent worldwide on antidepressants.

On average 20% of people who repeatedly sink into a depressed state have an increased risk of suicide.

DEPRESSION

DEPRESSION VS OUR BODY

Depression can cause a lot of symptoms, many of which are easy to dismiss or ignore. It may be especially difficult to detect in children, who cannot articulate their symptoms, or in older adults, who may blame their symptoms on aging.

Symptoms of depression include overwhelming sadness, grief and sense of guilt.

People with depression often complain

about feeling tired all the time. They also tend to have trouble sleeping. Other symptoms include inability to concentrate, memory problem, and difficulty making decisions, may have trouble maintaining a normal work schedule or fulfilling social obligations. People having depression may use alcohol or drugs. They may become reckless and abusive, and some time they may be preoccupied with thoughts of death and hurting themselves. Children get depressed, too. Signs include clinginess, worry, and unwillingness to attend school. Children may be excessively irritable and negative.

17 COMMON HEALTH PROBLEM THAT RISE DUE TO DEPRESSION



OVERWHELMING SADNESS

Lasting sadness or guilt that won't quite go away may be a sign of clinical depression.

EMPTINESS OR HOPELESSNESS

It may not be easy to talk about the emptiness and feeling hopeless.



COGNITIVE CHANGE

Trouble remembering things or making decisions can make life difficult for people with depression.

PREOCCUPATION OF DEATH

Depression may cause a preoccupation with hurting oneself and increased the risk of suicide.





CLINGINESS

Depressed children may be extremely clingy and refuse to go to school.

ACHE AND PAIN

Headache and other aches and pain may plague a person with depression. Often, pain does not improve with medication.



WEIGHT PROBLEM

Using food to cope can lead to obesity – related illness and stomachache.

POOR APPETITE

Appetite changes can cause you to eat the wrong food. Causing nutritional deficiencies.



CONSTRICTED BLOOD VESSELS

Depression and stress cause blood vessels to constrict raising the risk of cardiovascular disease.

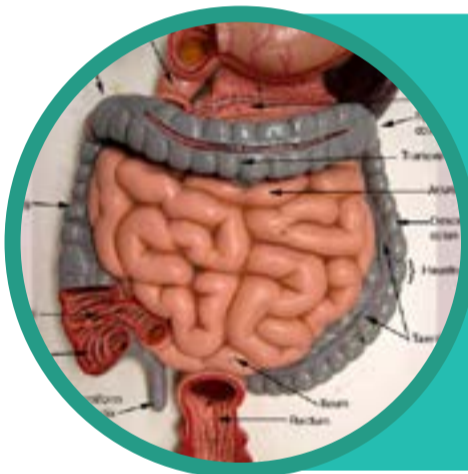


HEART ATTACK OUTCOME

People who are depressed are more likely to die following a heart attack.

WEAKENED IMMUNE SYSTEM

Depression makes you weaker to fight off disease.

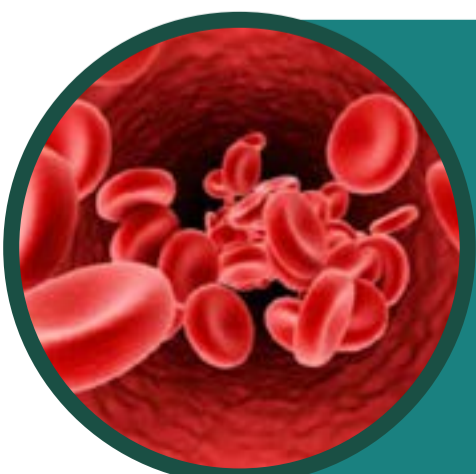


INSOMENIA

In 2016 study, a poor psychological work environment was shown to double the risk of developing a sleep problem.

AGING

Chronic stress has been shown to affect telomere length, a key indicator of premature aging.



ADRENAL FATIGUE

Chronic stress can lower sex hormone levels, and ultimately impair the body's capacity to produce stress hormone too. This can lead to symptoms like fatigue, an inability to handle stress and low immunity.

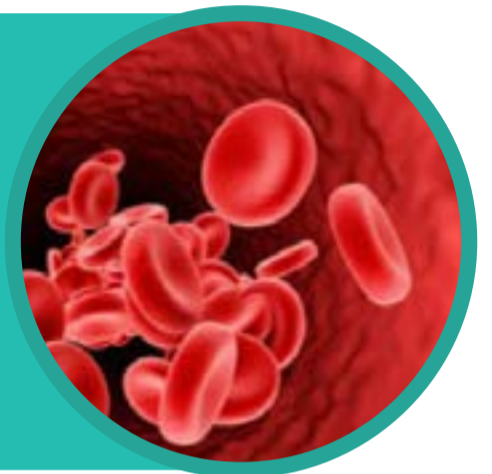


BELLY FAT

Repeated studies have linked elevated cortisol levels with excess fat in the abdominal region, even among otherwise slender women

BLOOD SUGAR

During stressful situations, hormone like adrenalin and cortisol cause our blood sugar to rise .Study showed that men under permanent depression and stress were 45% type –II Diabetes.



BACKPAIN

Depression, stress along with elevated cortisol level has been linked to chronic back pain ,stress management is a treatment option for chronic back pain sufferers.



TREATMENT

One in ten people in this world over the age of twelve takes antidepressants, but many people taking these drugs don't actually need them .if you are battling depression then

There is no magical medicine that cure depression by root, but you can beat the depression by changing your life style and dite. Here some chemical free method tries this before you turn to medicine.



1 LOVE YOURSELF

Treat yourself like you would someone dear to your heart. And learn to silence the voice in your head that says you are not good enough.

2 EAT HEALTHY

Overeating and eating too much sugar and fat can ramp up the depression cycle. Healthy foods known for improving your mood include dark chocolate, walnuts, and wild caught salmon.

3 LAUGH OUT LOUD

Laughing really does make you feel better. Watch a silly movie and get your giggle on.

4 TAKE A LONG WALK

Exercise releases endorphins, which can help with depression. Give your mind and body to relax, walk around and connect with nature in a remote.

5 DITCH THE DRINKS AND DRUGS

Drinking may help you feel better short term, but alcohol is a depressant, and it will make you feel worse in the long run. The same goes for drugs prescriptions or otherwise.

6

CREAT SOMETHING

Write down your thoughts as poetry or paint a picture. do anything creative that makes you fell great and gets your mind off other issues.

7

HAVE THE COURAGE TO CHANGE

Find what is ailing you and takes the steps to change your life accordingly .Things will get better if you make a conscious decision to move towards happiness with yourself and other.

8

FEEL THE WARM SUN

Vitamin D (which comes from sunlight) is linked to lower levels of depression.

9

SEE A COUNSELOR

Telling a medical professional about your depression issues can help uncover potential cause and helpful situation .

10

READ A MOTIVATIONAL STORIES

Choose something uplifting that changes your perspective on life.

11

PRAY

Research has shown that people who pray and have a relationship with god handle depression better .

12

DO ONETHING AT A TIME

Multi-tasking is your enemy ,if you want to overcome from depression .do you try to talk on the phone while answering email and eating lunch ?There is a reason that there is a law requiring employers to give their employees a lunch hour .Take it.

13

FORGIVE YOURSELF

Everyone makes mistakes –even you. Carrying the burden of unforgiveness towards yourself and other is might heavy .Lay down the bag of bricks on your back .you will feel a lot batter.

THE BEST REMEDIAL YOGA POSE TO RELIEVE DEPRESSION/STRESS

Now say good bye to depression and stress with these true remedial pose. Hold each pose for 2 to 3 minutes.(approximately 20- 30 breaths).or as long as is comfortable.

CHILD POSE (balasan)

Create a support of firm pillows, blankets, or a bolster lengthwise in front of you .Lower onto your knees, placing them on either side of support toes together. Fold your upper body over the length of the support .rest your for arms on the floor along the support, and turn to one side.(Or rest the forehead on the support-whatever is most comfortable).

let gravity pull the legs towards the earth as you soften the lower back, and release bone towards the heels. Halfway through, turn your head to the other side as the bodies continues to settle into the Pose.



HALF PEGION (eka pada rajakapotasana)

Start on all fours and slide the right knee forwards towards the right hand .Lower your right hip onto a bolster ,pillow ,or a folded blanket as you extent the left leg back, toes pointed.

mate. carefully come up to down dog, and lower onto the left hip to repeat on the other side.

Remain Upright using your hands to support you ,and lower down to the forearm .Completely forwards towards the earth.Breath into the pose as you feel the right shin inch closer to the



SUPPORTED BRIDGE POSE (setu bandha sarvangasana)



Lie on your back with the knees bent, feet planted flat on the floor, hip distance apart. Extend the arm by your side and roll the shoulder blades in towards one another to feel a slight lift in the chest. Carefully lift the hips off the ground and slide the yoga block directly under the sacrum, the large, triangular bone at the base of spine. (Note: Always come into bridge pose before you place the block under your sacrum.; don't try to lie down on the block.)

As you rest here, arms can remain down by your side, stretched overhead, or straight out in a T. Beginners can keep the block at its lowest height, and go higher as ready. To come out, press down into your feet and lift the hips. Remove the block and gently lower back to the floor.



RECLINING BOUND ANGLE POSE (supta baddha konasana aka goddess pose.)

Lie on your back with the soles of your feet together, knees pointing outward, and slide the heels close to the groin as is comfortable. Place the arm at 45 degree angles to your torso with the palm facing up, or place one hand on the low belly and one on your chest to help focus on the breath.

With each exhalation, let the knees float toward the ground, creating a

stretches across the inner thighs and groin. If the stretch is too deep, place additional blanket or cushion beneath the knees for support. To exit, gently roll to your right side with the knees drawn to your heart and gradually prop yourself up to sitting.



LEGS UP THE WALL POSE (vipirita karani)

To performed this passive inversion. Start seated on the floor with your right shoulder, hip and thighs against the wall. Keep a bolster within reach, and exhale as you lower your back while swinging your legs up onto the wall. press the soles of your feet into the wall, lift your hips and slide the bolster underneath them. Extend the arm out to the sides or in cactus (upper arm perpendicular to the torso, elbow bent at 90-degrees, palm

facing up.) Place a small role (made from a towel for example) under your neck if extra support is needed. Rest passively in the pose for 2-minutes.

When ready press the soles against the wall and lift the hips to slide the bolster out from under you. Gently lower the pelvis to the floor, roll the right side and use the hand to press yourself back up to sitting

CORPSE POSE (savasana)

Seated on the floor with the legs slightly bent, slide a bolster beneath the knees and slowly lower the back, neck then head onto the floor. Let the arm rest comfortably by your sides, palm facing the sky close the eyes, become aware of your natural breath, and let go. Rest in this pose for anywhere from 2-15 minutes. When ready, roll onto your right side, take 2-3 breathes, and gently press your hand into the ground to lift you back to sitting.



Image credit :<https://greatist.com/fitness/restorative-yoga-infographic>



L-Theanine

For anxiety Relief

L-theanine is an amino acid known to help increase our DOPAMINE levels

Dopamine is a neurotransmitter that influences our thought and emotions.

L-theanine relieves the symptoms of stress and anxiety without making you drowsy.

Green Tea is an abundant resource of L-theanine, so reduce your stress and anxiety naturally.

DEPRESSION



Super foods to kill depression

OMEGA-3 fatty Acids

Scientific research has shown depressed people often lack of fatty acids known as EPA. OMEGA-3 fatty acids from walnuts,

FLAXSEED & CHIA SEEDS

The reason chia seeds are so beneficial is due to them being rich in fiber, omega-3 fats, protein, vitamins and minerals. it can have decreases in symptoms such as anxiety , sleep disorder , unexplained feelings of sadness , suicidal thought, & decreased sex drive.

CABBAGE

Cabbage contain Vitamin C & folic acid which can protect against stress, infection and many type of cancers.

AVOCADOS

It provide a source of tryptophan which becomes Serotonin, the brain chemical that promotes relaxations.

CACAO, DARK

MOLASSES

These super food contain SELENIUM which are excellent resource for boosting brain function and eliminating.

DARK CHOCLET

People with depression, anxiety, and mood disorders don't have enough serotonin, resulting in a chemical imbalance. The Tryptophan (an amino acid that's a precursor to serotonin) in the dark chocolate will make you sleepy. So, after eating your chocolate bar, you may feel more at peace.

NUTS

Nuts are supposed to be a gold food as contain Unsaturated Fat ,Omega-3 fatty Acid, Fiber, Vitamin –E, L-arginin and all these important things help to beat depression/anxiety/stress.



TEA CHAMOMILE

Sometimes excessive stress and anxiety may cause sleeplessness. Chamomile tea not only reduces stress and anxiety, but it also helps treat insomnia. Just like peppermint tea, chamomile tea has great benefits in relaxing the muscles and reducing irritability.



SPINACH

It may be the complete opposite of what you're craving, but spinach and other leafy greens are rich in magnesium—a mineral that's essential in more than 300 chemical reactions in the body. Magnesium is used to help prevent anxiety and also treat ADHD. All you need is one cup of spinach to start reaping the benefits of this mineral's natural stress-fighting power.

OAT MEAL

Breakfast With Benefits. Since October 29 is National Oatmeal Day, it's a good time to point out that if you're not eating oatmeal, here's why you oat-to: Oats contain both soluble and insoluble fiber. Soluble fibers form a viscous gel that helps to lower cholesterol and stabilize blood glucose levels. Hence this quality of oat meal help to kill depression/stress.



TURMERIC

It appears to elevate neurotransmitters such as serotonin, while lowering stress hormones, such as cortisol, and is a potent antioxidant and anti-inflammatory. Curcumin also provides protection to the brain." Depression is a common, treatable disorder that continues to remain under detected globally

