

English

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25 September Symptoms of depression They are as follows: Depression causes an individual restlessness. The depressed individual lacks continuity. He/she is constantly in search of a change. Restlessness causes a lack of focus in the individual. For example, a depressed student is not able to concentrate upon the lecture in the class. Thoughts causing depression haunt the student while he is trying to pay attention. As he can not get them out of his mind despite his struggle, he tends to change the position and the seat. He may suddenly want to go out to drink water or for the washroom just to change the environment.

Depression causes insomnia, particularly in adults. Most of the depressed people keep wiggling in the bed all night long, but yet remain awake. In children, depression causes nightmares. Most of the children suffering from depression see weird dreams. Irrespective of the age, depressed people are most likely to wake up dumbfounded in the middle of the night from a dreadful dream that mostly is based upon the factors causing depression. Depression causes rudeness. Depressed people are exhausted after an endless fight with their own selves. Haunting thoughts keep emerging in the mind despite all their efforts to block them. In fact, the more they try to get rid of the bad thoughts, the more they occur. This causes irritation in the depressed people and they are likely to become rude in their tone while talking to others. A depressed person may become very defensive or offensive over little matters.