

There are three solutions to prevent adult depression,

[Life](#), [Emotions](#)



There are three solutions to prevent adult depression, which includes recognizing the signs and symptoms of depression and seek therapies for depression, getting and providing support and reduce stress. First, recognizing the signs and symptoms of depression could help patients seek medical treatment earlier in order to prevent the worsening of the situation and to cure the problem as soon as possible (Holmes, 2014). The general clinical presentations of depression in adult includes change in appetite or weight, loss of interest or pleasure in most activities, sleep disturbance, restlessness, poor concentration, decreased effectiveness at work, feelings of worthlessness or excessive guilt, having recurrent thoughts of death or suicide. If some of the mentioned signs and symptoms are observed and lasts for more than 2 weeks for most of the day, they are advised to seek therapies for depression (Lyness, J. M.

, 2017). There are different types of psychotherapy for depression, such as cognitive-behavioral therapy and problem-solving therapy. Through the therapy, patient could eliminate self-destructive patterns like negative thinking patterns.

Patients could receive fresh perspectives and get behavioral strategies from the therapist so that they could learn to think in a positive way. Therapist might provide them some healthier ways to cope with stressful situations and difficult emotions through a problem-solving therapy. They could also learn ways to take better care of themselves and find ways to live their life in more constructive and empowering ways. Second, adult depression can be

prevented by getting support from others or providing support to others (Smith, M.

, Segal, R., Robinson, L., & Segal, J., 2017). Getting support from people around them could help reduce their workload so that they could have time to rest and relax.

People around them may include co-workers, colleagues, family members and friends. Getting support from them could be as simple as involving coworkers in shared responsibilities at work, asking family members to help with housework and talk to trusted and supportive friends or family members to get advice and delighting ideas for their concerns. Apart from getting support from others, providing support for depressed family members or friends could make them feel cared. For example, encourage and allow them to express their feelings and thoughts, share ideas with them and tell them they are not alone to show them there are people who care about them.

However, telling them to “ get over it” or “ be positive” might bring negative effects as they may have already tried their best to “ be positive” (William, P., 2016). It is necessary to encourage them to seek medical advices and accompany them if they are fear of the therapy.

Lastly, chronic stress is one of the most avoidable common causes of depression. It can cause physical changes in the brain which affects moods and emotions that leads to depression. Learning how cope with stress can avoid depression.

Exercising regularly, such as taking a daily walk, can reduce stress (Gotter, 2017). To reduce stress, it is important to avoid over-committing to work (Gotter, 2017). Finding a balance between personal, work, and family needs by creating and following a schedule could help reduce stress (Smith, M., Segal, R., Robinson, L., & Segal, J.

, 2017). Having a schedule can remind them when to stop working and start relaxing, it avoid putting too much time on work which could be the most stressful activity for adults. Besides, avoid negative thinking by not just focusing on the dark side but also look the the bright side can reduce stress as negative thinking can trigger body's stress response. Difficult situations may make people feel stressful, learn to let things go that they can't control could make them feel less guilty when bad things happen (Gotter, 2017).

They should always believe in themselves that they will get through it. This could be their energy to overcome through their difficult time.