

Harmful influence of depression on our health

[Health & Medicine](#), [Mental Health](#)



Depression is never good for health

Depression can be defined as a form of mental disorder. It affects your feelings, what you think and also the way you act. The good thing is that this mental disorder is treatable. Studies have shown that depression affects us directly or not directly, sometimes through a friend or even a family member. Depression leads to lack of interest in the things that you usually find fun when doing them. Depression can result in various physical and emotional problems and may end up reducing your performance at your place of work and you can take help of remedies like best cbd oil for anxiety and depression.

The depression is experienced by people of all ages. These types include; maniac depression, dysthymia disorder among others. There are some symptoms that characterize depression. They include a change in appetite which might lead to loss of weight, increased fatigue or loss of energy, find difficulty in thinking or making informed decisions, think of dying or committing suicide are some of the common symptoms. What differentiates normal blue because of the fast-paced society we are in today it is growing more as stress is higher, then it is evident that you are suffering from this mental disorder. The above symptoms will also cause you distress and end up interfering with your daily routine and the ability to carry out your activities effectively and one good remedy for this is best cbd oil for anxiety and depression.

Some of us are oh so familiar with this overwhelmingly heavy air of sadness, or unshakable blah and makes us feel terrible and that is last thing you want

to feel in life. This feeling, too many, is like a sack of sticky slime, floating all the way around the numb body, the absent mind, slowly, but surely, consume all that's left in the mind, the will to be excited about something, anything, anyone. Surprisingly, median age for depression is 32. And depression happens to women more than men. Did you know that depression is one very common in the United States, affecting more than 16 million adults and 3.1 million adolescents, and over 300 million people globally? This is shocking at lots of people are getting into this problem. They are people of young age and going through lots of trauma. These people need lots of help and must be going through a lot. Not something they may accept and times and that could be dangerous. If you want lots of care is there in terms of help, you just need to get it. So if you want to be free of problems take care of this issue and you will never need to worry.

Life feels like at stand still, world seems gray. They feel down at all times and it is not a great feeling. If someone is going through it, they need to take care of their health and if still not feeling good for a long period should go and take medical help and that will help them a great deal. A fake smile may be put on the face, but the sole is weeping, silently; the body may be moving, but the inside is empty. Some are always exhausted, either can't sleep, or still tired after constantly sleeping more than usual, and quite often, can associate with constant irritation with other people or little things in life. They shut themselves in their own world, push everyone else outside their wall, their minds are somewhere else in another dimension. Some even think about death extensively. There could be many problems one must be facing and for that some care has to be taken. There are many people who are

suffering from these issues. They are going through some serious problems and may not be able to recover from their issues. Proper care is always a must and if not done this will keep on growing and may even make a person completely imbalance. So if you do not want such a thing to happen then always look at ways to overcome it and this first one is to accept, that there s a problem. Once that is done, and then things will be much better.

Chances are, someone you know suffers from depression, and you don't know about it. I have a friend, whose wife suffered from depression. Yes, I said suffered. I met her one time, she gave me the impression she was a very bubbly person. She wore sparkly Justice clothing, which struck to me as a bit odd. She talked and laughed a lot, which I still remembered, after 6 years. A couple of years later, I heard she ended her own life. Even with heavy medication, and all the side effects of heavy daily dose of antidepressants, her lack of interest in life took over and ended her roughly 50 years of life, leaving behind a heart broken husband, who said she was her high school sweet heart, and they have been together since they were 15 years old. So at times, people may be going through a lot.

Such as, give a friend a call today, go to lunch with someone tomorrow. Have people interaction, and something you genuinely enjoy. Don't be too hard on yourself, give yourself a break, and reward yourself a little when you make positive progress. Don't judge yourself if your reaction, mood or behavior isn't as " normal" as you'd like it to be, understand, this is a working progress, everything shall pass, life will be better. If you don't want to ask for help from people around you, there are plenty resources online, over the

phone, and support groups in your area, or nearby. Remember the people who care dearly about you, remember, the world is a colorful place; you just need to reach out and take the right remedies like best cbd oil for anxiety and depression, which help you overcome the problem and enjoy your life.