



Depression

Psychiatrists definite it as:

- lasting 2 years or more
- lack of self-esteem/ confidence
- lack of interest
- social withdrawal
- lethargy
- guilt
- ruminating on the past
- excessive anger

There are several types:

Reactive: is in response to 'outside' influences such as bereavement, job loss etc. It is not true depression unless it doesn't resolve;

Clinical: not related to 'outside' events; they have a 'nice' husband/job etc; they don't know why they don't feel right;
= an imbalance in brain chemicals: serotonin and dopamine in particular;

Bipolar/manic: characterised by depressive episodes followed by excessive highs;

Hormonal: onset of puberty, post natal depression; PMT; menopause

S.A.D: it's defined as 'clinical' but only affects them when serotonin levels drop too low due to lack of sunshine in the winter months;

Low serotonin levels – often identified by:
- anxiety/ panic attacks/ alcohol and carbo
cravings/ insomnia/
- migraines

If you recognise these symptoms – you could be suffering from depression. It's well worth consulting a complimentary therapist who could do much to alleviate your symptoms, without the need for harmful, toxic, habit-forming drugs!