

Topic: Depression. How to deal with it

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Purpose of my report

Today I want to tell you how a mental disorder affects a person's life and health. The most important thing that I will tell you is how to deal with this disorder.



Depression causes a feeling of sadness, loss of interest in activities that were once enjoyed.



At present, the problem of depression is very relevant, since suicides have become more frequent in the world against this background.



Disease in different people

8% - in women

5% - in men

Depression in adolescence (from 12 to 17 years) also increased.



Causes of depression

The mental state of a person depends only on his individual qualities and experiences.



Symptom of depression

- ▣ The brain's physical structure or chemistry
- ▣ History of depression in the family
- ▣ History of other disorders (anxiety, post-traumatic stress disorder)
- ▣ Stressful, traumatic events (abuse, financial issues, death of a loved one)
- ▣ Hormone changes (menstrual cycles, pregnancy)
- ▣ Certain medications (sleeping aids, blood pressure medication)

Type of depression

- Dysthymia
- Major depression
- Seasonal Affective Disorder
- Atypical Depression
- Bipolar Disorder
- Postpartum Depression
- Premenstrual Dysphoric Disorder
- Situational Depression

Fortunately, this disease can be cured

YOU CAN START DOING SPORTS
(FOR EXAMPLE, YOGA)



MENTAL ACTIVITY



DOCTOR VISIT



SURROUND YOURSELF
WITH LOVED ONES



conclusion

The main thing is that you have learned how to deal with it. In addition, I would like to emphasize that people should help each other in difficult life situations and then there will be much less mental disorders in the world.



Thanks for your attention.



Articles used

- 1. <https://www.psychom.net/depression.central.html>
- 2. https://vk.com/away.php?to=https%3A%2F%2Fwww.psychom.net%2Fdepression.central.html&cc_key=
- 3. <https://www.medicalnewstoday.com/articles/8933>
- 4. <https://www.who.int/news-room/fact-sheets/detail/depression>
- 5. <https://www.nimh.nih.gov/health/topics/depression/index.shtml>