

It's not JUST Science;

DEPRESSION IS REAL

Understanding and Surviving
The Situation, Thoughts,
Emotions and Actions of
Depression

#PersonalIssues #WorkStress #SocialPressure

Jo-Ann I. Bautista, R.M.T.
Rosemarie M. Pabatao, P.T.R.P.

IT'S NOT JUST SCIENCE; **DEPRESSION IS REAL.**

This book will guide you in dealing with low moods and Depression. It will help you to re-activate your life with your family and friends and to continue living quality of life.

By

JO-ANN I. BAUTISTA, R.M.T.
ROSEMARIE M. PABATAO, P.T.R.P.

*Always remember, **PREVENTION**
is a never-ending plan of action.*

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IF I CAN JUST ...

If I can just be true when you asked me
WHAT'S ON YOUR MIND?

If I can just use all the **LIKES** to boost myself again;
but I'm in **SEARCH** for answers why my life still
matters?

If I can just **SEE MORE** about life;
PLAY ALL the good memories and hold on to live.

If I can just delete all the negative **COMMENTS** inside
my head every single moment; yet I feel this has no
end.

If I just have the will power to **SHARE** myself with
you; but I am somewhere else I can't think through.

If I can just **POST** this terrible experience; but my
mind is telling me to **HIDE** because everything is not
existent.

If I can just easily snap out of this, as easy as
"**CHANGE PROFILE PICTURE**"; I already did for sure.

If I can just **EDIT** my **HISTORY**; I won't definitely go
back to where my sanity left me.

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I am in a DEEP, DARK TRENCH right now;
Nobody knows it's my CURRENT LOCATION.
I also wonder why I feel free here somehow.

I can't either be SEEN because everything
continues to cave-in.

If you can just VIEW me down here;
for you to see the numbness is real.

If you just heard me when I asked for HELP when I
feel alone and during sleepless nights;
but you were also busy UPDATING your own life.

I want to be SAVED. I need FRIENDS;
who will listen to me without judgment.

I want to CELEBRATE FRIENDSHIPS;
but this feeling of unknown sadness
is like a glass WALL that isolates me from all.

I fought this battle over the years. It's difficult to
explain
how I feel; you can't simply understand it,
especially when you were never been here.

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All the while I thought I was all alone from the start,
but all of you were there for me when I was falling
apart.

I announce today as the day of our victory;
Let's **CELEBRATE** our **FRIENDSHIP**
on the very day that I feel free.

You never get tired of me;
you protected and **SAVED** me.

I surely know noble **FRIENDS** will never blame you;
they will sincerely listen to you and pull you through.

When I asked for **HELP** I thought you never heard me;
you never said a word, I felt I was ignored, until you
hugged me.

During that time I **VIEWED** my life as worthless; but
because you never left my side, I now laugh more and
worry less.

In those days I've not **SEEN** myself being this happy
again; because of unknown fear I used to **HIDE**, as I
was broken, I knew I had nothing to **SHARE** about my
life.

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Through your positive vision you made me **SEE MORE** beauty and meaning in my life.

In my **SEARCH** for reasons, I discovered that life isn't just about getting **LIKES** and good **COMMENTS**; but overcoming life's challenges is what makes it more beautiful and meaningful.

If you ask me now, **WHAT'S ON YOUR MIND?** I'll tell you, I really value what I've been through, because I realized that the little things I missed to appreciate like simple joys, smiles and laughter, are the greatest things in my life and are the hardest to find.

j.i.b.

THE AUTHORS

The authors are registered medical health professionals and successful entrepreneurs. In another endeavor, they run a construction, design and build company engaged in residential, commercial and industrial projects and also secured a diploma in Interior Design.



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Some of the works and Book she co-authored include:

I am Pain Free at My Work Place.

The Relationship of Gestational Diabetes Mellitus and Dietary Patterns in an Urbanized Lifestyle at a Tertiary Care Hospital.

Patient Compliance to Pregnancy Wellness Program in Controlling the Complications of Gestational Diabetes.

Comparison of locally applied Prostaglandin E2 (PGE2) gel vs. Laminaria for cervical ripening in cases of missed abortion.

A Rare Case of Uterine Rupture In Second Trimester Of Pregnancy To Prevent The Onset Of Irreversible Maternal And Fetal Physiologic Damage

The Empirical Evaluation of Adverse Outcomes of Chronic Kidney Disease (CKD) In All Trimesters of Pregnancy.

Holistic Approach In The Screening Of Diabetic Retinopathy.

She also contributed to the following syllabus for a training company:

Leadership and Delegation

Leadership and influence

Quality Management

Strategic Management

Employee Motivation

Enterprise Dynamics



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Rosemarie's exceptional patient-service skills and clinical excellence was demonstrated in the book she co-authored entitled "I am Pain Free at My Work Place".

DISCLAIMERS

MEDICAL DISCLAIMER

The information on this book is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. This is proposed to provide information about Depression and for general information purposes only. Always seek the advice of your physician or other qualified health provider if required.

DEDICATION

Depression is a topic that is beyond simple understanding; even those who have gone below this trench cannot easily say what they have been through. The authors were inspired by a friend to write this book, who suffered from this condition, to give light to this underestimated circumstance and to empathize with and help people and their loved ones who are battling to survive Depression.

To all people who may be at risk for emergent Depression.

To those who are going through emotional problems less likely to lead to Depression.

Last but not the least, to our families and friends, for their endless support.

You inspired us to write this book. This book is greatly dedicated to you.

Special Thanks to our contributors, Regine Eve Trinidad, R.N. and a good friend/colleague from my previous work, Virgie Magbitang. You made it easier for us to finish this book.

INTRODUCTION

The authors of this book are not related to any source or organization.

DEPRESSION IS REAL.

In this book, medications will not be discussed, let's leave it to the professional health providers. We aim here to educate people about the risk of Depression; learn to deal with it and in so doing, help them and their families to overcome it as safely as possible.

Any second person in the world who is not aware what Depression is all about can tell you that "it's only in your head", "it's non-existent" or "it's just fabricated". Its effects are extensive and should not be underestimated. Depression can affect your whole being. Setting aside treatment can increase the risk of life-threatening situations particularly if the concerned person has thoughts of suicide and already lost the will to live.

This book is not only for you or other people suffering from or diagnosed with Depression; the message of this book is something in which everyone can benefit from and to understand its course because the

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occurrence of Depression is insistently increasing across all ages, genders, races, life situations etc. As we shift our way of life from a traditional, non-digital age to a highly industrialized one, the threat brought about by Depression is also shifting with it.

Depression is a serious condition. It's also, unfortunately, a common one. The World Health Organization characterizes Depression as one of the most disabling disorders in the world, affecting roughly one in five women and one in ten men at some point in their lifetime.

Depression often begins with feelings of discouragement and sadness. If the Depression continues, these feelings of unhappiness may become more painful until the depressed individual comes to feel defeated by hopelessness. Feelings of anxiety (physical tension and worry) can also accompany depressed mood. Sometimes, instead of sadness, a depressed person will experience a general sense of emotional numbness, an inability to feel anything. Others become short-tempered when they are depressed. They may be more irritable, snapping at family members, friends, co-workers and more, which may lead to new stresses and conflicts.¹

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ONE

UNDERSTANDING DEPRESSION

WHAT IS DEPRESSION?

Depression can affect people with or without family history of the illness. Similarly to someone I personally knew, it can be biochemical, which might have started with the brain function or chemistry. This person lived a healthy life. She's even participating in the organized running events across places, until, one wrong decision made her suffer from Depression. She considered crash diet as a weight loss plan which severely affected a part of her brain. Brain C.T. scan result showed atrophy in one part. Good and balanced diet plays an important role to stay fit and starving your body with proper nutrients is not a better idea. For women, they say, blame it to the hormones. Hormonal changes can cause Depression as seen in pre/post menopausal stage, childbirth (postpartum Depression) or it can be caused by thyroid problem too.

Depression has not just started from mental torments. It surely started from something which resulted to weakened physical health combined with decreased self-esteem and productivity.

How does Depression affect your life?

When Depression strikes, there will be a huge deal of change in your outlook towards life which you can barely perceive. Normally, it is your family, co-workers and constant friends who notice the changes happening to you. Primarily, it will affect both your mind and body manifested by aches and pains, especially headache. It will be difficult for you to keep yourself tidy as well as your surroundings which can make you feel more miserable. It has great impact on your health; it increases your risk for heart problem or infectious disease – because it affects your immune system. It will also cause you sexual dysfunction or poor nutrition – either you lost your appetite or crave for comfort food which can lead you to weight gain. It will affect your coping skills, problem solving and a hard time in decision making because you will easily get distracted and you can be messed up. You will have disturbing behavior which can affect your

interpersonal relationships. You will be derailed from your usual productive routine because Depression will slow you down and won't let you get things done. It will make you tired because your mind keeps you awake and will never let you sleep and so forth. Depression is not a one-time big thing. It's an accumulation of mixed ups, which can distress your daily living and eventually will make your life miserable. This is the reason why Depression should not be left untreated because the situation can get even worse and out of control.

What are the Symptoms of Depression?

One thing is for sure, it affects your mood anytime of the day for a long time and you can have one or several of the following symptoms:

- A constant feeling of hopelessness or sadness for unknown reason
- Having difficulty or losing interest doing familiar Activities
- Constant moody and irritable feeling.
- Trouble sleeping, waking up in early hours and worrying
- Disturbed eating habits.

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- Sudden difficult decision making or withdrawal from realistic situation
- Feeling restless or exhausted no matter how much Rest was taken
- Feeling worthless
- Always feeling sick and easily getting sick
- Trouble focusing on tasks
- Having thoughts of suicide and losing the will to live

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TWO

WHAT CAUSES DEPRESSION?

In this chapter, detailed causes will be discussed and I ask for your indulgence for long reading. Everything that is written here is essential in distinguishing if you are or your loved one is starting a bout of Depression. There are reasons to consider about the triggers of Depression. When this personally happens to you, it will not be easy to pinpoint what is relevant to your condition. To those who have travelled back to life from this state can tell in truth that this situation is too complex to be understood. Depression can be a result or a combination of life's events – **work stress, personal** (taking into account the constant worries from school, illness, relationships, financial and domestic concerns, separation anxiety, etc.), **social** (to include social media overstrain), side effect of **medication** and others. It is extremely hard to determine because some can handle these causes and others are easily affected. Some people are more susceptible to Depression, some are not; it's a matter

of peculiarities in personalities. Worrying a lot predisposes one person to the illness. Depression is said to be situational. Disapproval in various forms can cause one to have a low self-esteem, similarly a person who is obsessively idealistic or someone who is highly sensitive to personal criticism. We have different ways of coping with the same kind of circumstance and in this case we can't just compare an apple to another apple. What made you out of control might just be cheery for another person.

Five major factors which trigger symptoms of Depression

According to this book, *Antidepressant Skills at Work: Dealing with Mood Problems in the Workplace*, There are five major factors which trigger symptoms of Depression and these are:

- Situations
- Thoughts
- Emotions
- Physical State
- Actions

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Each of these areas of your life can play a role in the development of Depression, and it can have an impact on all of them. In the following discussion, these areas will help us detail the specific triggers for a deep understanding what really causes Depression.

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FOUR

RECOVERING FROM DEPRESSION

How to help yourself when you are starting a bout of Depression or relapse?

The greatest news about the increasing recovery rate of Depression is that the stigma is proportionately going down. After more than two years, my friend eventually learned the art of handling her recurrent Depressive episode when it strikes. Progressively, she recognized the triggers, if it's too heavy for her to manage it alone, she visits her doctor. In recent times, she mastered controlling the triggers she got familiar with; she is now more resilient in handling her episodes. Her greatest achievement was overcoming it. In times of relapse, she patiently moved out of it on the third week of her bout as if nothing had occurred, which had become a 3-week-cycle, if we may call it an episodic routine.

During relapse, like what my friend did, she applied these tools to help herself contend with the upcoming or sporadic episode after her recovery, which can also help you cope with it.

1. Take care of your inner and outer self, because nobody else will. Have time to think about your well-being, it won't be self-seeking if you do this once in awhile.

2. Recognizing the way you feel is a significant move in your journey to managing your Depression. Chapters one and two can assist you in discovering your current state. It can help you verify if you are already experiencing Depression.

3. Depending on the triggers, symptoms present, your characteristics and with the help of your doctor, you can come up with a specific management plan for your recovery. Keep it. Make it your reference for the recurrence. Before appointing a doctor to help you, you may find it valuable to know more about how Depression is being diagnosed and this book can be a reliable tool in the initial step.

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**Thank you for taking time reading our book.
You inspired us to write more.
We wish you a healthy and productive life.**

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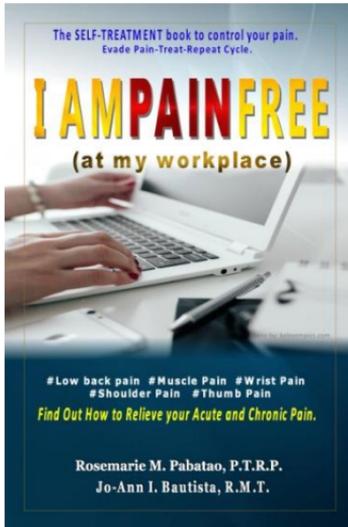
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