

Overcome Gloom And Doom

Dr Roshan Jain



We get fidgety during a quiet moment or experience stress when alone, thereby latching on to a fidget spinner! Our waking time seems occupied by constant engagement in an activity, technological distractions and habits. And boredom, the other side of restlessness, is a new age ailment. We rest to de-stress, but then that too makes us restless and stressed. This is because we prioritise the external world over our inner world and emotions.

There is an eternal expectation of being happy and occupied, or both. Thus, emotions, especially melancholy, have become one of the most difficult feelings to handle. Also, those who have experienced clinical depression earlier, expect to have a stable and happy mood all the time. Besides, these individuals unnecessarily suffer anticipatory fears of reoccurrence of another episode and associate any circumstantial upset feeling with relapse and these feelings of gloom can trigger a profound sense of doom.

Difference Between Depressed Mood And Depression

Feeling depressed, melancholic and sad is part of being human. Perhaps these feelings are necessary to gain deeper insight into our emotions and the ways one relates to the world. Grieving is a natural reaction to loss or separation from a loved one or thing. While everyone feels down or sad, these moods pass usually, with little (if any) long-term consequences. One continues to function normally during

this time and knows he/she can bounce back in time.

The boundary between this depressed mood and clinical depression is imprecise, but the latter is associated with stronger symptoms which lasts longer, has a profound impact on functioning and is much more likely to require treatment. However, clinical depression is a common medical condition or a more severe form of a depressed mood that goes beyond life's ordinary ups and downs.

Symptoms Of Clinical Depression

- ◆ Excess fatigue and loss of energy
- ◆ Significant sleep disturbance with early waking
- ◆ Loss of appetite with weight loss
- ◆ Indecisiveness, trouble thinking or poor concentration
- ◆ Hopelessness and worthlessness or excessive and inappropriate guilt
- ◆ A recurrent thought of death or suicide, or a suicide attempt

Causes Of Clinical Depression

Clinical depression is a result of various biological, psychological and social factors. Unlike a depressed mood



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which can be a reaction to minor life experiences, clinical depression is more likely to be caused by conflicting life events. Depression can make matters worse if left intact, depending on how the life situation proceeds. Also, genetic and family history of problems related to mental health can raise the risk of emotional or psychological problems.

How To Get Help For Clinical Depression

If you are experiencing clinical depression and it is affecting your functioning (work, relationships and activity), then it's time to seek help to overcome it, because life is greater than all its problems put together.

So, when the sense of doom begins to prevail, it's better to put in efforts to remedy those feelings rather than act impulsively and in a negative or harmful manner. Your family doctor or physician may be a good place to start, as your doctor can screen you for depression.

You can also seek help from a psychiatrist or qualified mental health practitioner to help you understand, manage and treat your symptoms. Early intervention reduces unnecessary suffering and aids faster recovery. Also, remember that all forms of depression

can be cured with support and treatment.

How To Proceed With Treatment

It is a myth that people with clinical depression can simply pull themselves together and get better. Such views have contributed to the stigma of problems related to mental health and delay in seeking help.

Talking to a mental health practitioner can be of enormous help as understanding your feelings and emotions and its underlying context, can itself be very therapeutic.

Sometimes, counselling and psychotherapy needs to be complemented with medicine such as antidepressants for added effectiveness. Research has also established that a combination of medication and psychotherapy is more effective than intervention alone.

Health Tip

Acknowledging the fact that you may be suffering from depression and talking about it, can be the first step to recovery. Also, remember that a fresh start is always possible!