

# DEPRESSION

'Pain is inevitable, suffering is optional' Proverb

Depression has been described as many things...the black dog, a dark cloud hanging over me, feelings of hopelessness, intense feelings of loneliness even when with people, a tasteless life, being stuck in a dark well, stuck in the mud, trapped, makes life meaningless, living in a fog, feeling desperate, feeling like you have a constant hangover, feeling confused, feeling unlikeable, feeling heavy, feeling disembodied, without humour, living with your worst enemy – you, yourself and you.

The associated feelings and thoughts to depression can be so overwhelming and heavy that it becomes hard to talk about and harder for people to listen to.

Depression can come at any point in life and for a number of reasons, as a reaction to a challenging life event, anxiety and research shows it can occur as a result of a physical illness.

Depression fundamentally occurs because some (or one) core human needs are not being met. These needs have been explored by Maslow, Covey, Deci and Ryan amongst others. A summary of these needs has been put together in the following mnemonic SUCCESS by Kenneth Acha.

- Subsistence – safety, security, physiological needs, health and wellness, structure etc
- Understanding and growth – to learn, to understand, to develop competence, self actualisation
- Connection and love – to love and be loved
- Contribution – to contribute to your community
- Esteem and Identity - respect, recognition
- Self-governance (Autonomy) – freedom and self determination
- Significance and purpose – meaning and purpose and pursuit of goals

Research by Rosalind Cartright, has also shown that depression can be sustained because of a lack of non-REM sleep. Other research shows that anxious thoughts lead to more REM sleep.

Important to note that anxiety and depression are strongly linked and both need to be addressed in treatment.

BOOK an appointment with Farah to address your Depression