

DEPRESSION

Depression is a mental illness that is a common issue these days, and it can have a negative impact on a person's mood, way of thinking and how people act. It causes people to experience sadness, feelings of guilt or low self-worth. It also interferes with sleep and appetite, had low energy, low concentration and a loss of interest in activities once enjoyed. Depression is different from feeling down or sad. A person suffering from depression may experience major emotions of anxiety, hopelessness, and helplessness and physical problems and can reduce a person's ability to function at home or work.

Feeling depressed feels like carrying a heavy burden, but they are not alone in this struggle. Depression can happen to anyone including children, women, and men. Many successful and well-known people who seem to have everything going for them battle with this problem. One of the examples is Robbin Williams, an actor, and comedian who brings a smile to many homes around the world but cannot bring a smile to his face. The actor took his own life by hanging himself at his home in California. Another celebrity who is struggling with depression was Demi Lovato an American singer, songwriter, and actress suffering from Bipolar Disorder. Depression can happen to people of all ages and genders.

Here are some situations in which depression occurs.

"N is a 19-year-old Sabahan girl who is a waitress in KFC. She was brought to her GP by her colleague who noticed N would start crying during her shift. N's boss noticed that she always dreaming and threatened to fire her if her performance did not improve. N admitted to the doctor that she had been feeling sad for the past 3 months after her parents' separation in Sabah because of financial issues. N felt her situation was hopeless and felt guilty for being worthless to her family. She reported having difficulty concentrating at work and was always exhausted due to poor sleep. N also had lost her appetite and her clothes were becoming looser. Over the past few weeks, N would pray that God ends her suffering but had no suicidal thoughts.[1]"

These cases show the usual symptoms of depression such as low mood, poor energy, weight loss and appetite, difficulty in concentration and feelings of worthlessness. It is essential to assess suicidal thoughts which N had none. No one is aware of how strong a person is in depression to do everyday things like nothing is happening and keep smiling like a normal human being. What people never understand is that depression is not about the outside, it is about the inside.

When there is news about people taking their own lives due to depression, many wonder what caused the depression. Depression can happen suddenly due to physical illness, family problems or things that change an individual's life. Sometimes, individuals with depression are unable to identify how depression can occur. However, trying to identify what can affect your mood and what can trigger depression can be an important step. There are a lot of signs and symptoms of depression that one has experienced like feeling anxious all the time. They start to lose their self-confidence, self-esteem and they are not being able to enjoy things that are usually fun and exciting, they prefer to stay alone or sit in a room that does nothing but overthinks. It can be dangerous when they start thinking about self-harm and thinking about suicide and death.

"Depression is not just sadness, it's more than sadness. Living with those feelings of sadness that never ends", said a person with depression. Moreover, they also said that the suffering of depression was

so weak that they could not feel happiness in the little things they used to do. In addition, depression can lead to someone sitting in the room alone and cry, which often happens for no reason at all. Some of them are thinking of killing themselves and some of them committed suicide. Depression is not a joke. We need to pay more attention to depression and send help to people suffering from depression.

Depression has various types that individuals can experience. Firstly, Mild Depression is taken lightly because it has a limited negative effect on your daily life. For example, you are struggling to focus on a particular activity like at work or motivating yourself to do the things you normally enjoy. Next, Major Depression is the most common type of depression that often disrupts an individual's daily life such as eating, sleeping, and other daily activities. Some people may experience it one but if it happens often to a lifetime person it may cause the person to be hospitalized, as the person is unwell and they are at risk of harming themselves. Bipolar Disorder is also known as Manic Depressive Disorder because it involves episodes between manic and depressive. Changes in mood in bipolar disorder can be worst, at this moment happiness experienced by an individual can turn into extreme sadness, to the point hopelessness, where they may experience complete despair, lack of enthusiasm, and think about committed suicide. Sometimes people who are in this situation do not understand their own world and do things that seem strange and absurd. Also, postpartum depression or post-natal depression is a depression only experienced by newborns or new mothers. Mothers with this depression will feel extremely sad, often get tired and making it difficult for them to complete their daily routine. One of the causes of depression is because the level of hormone in a woman's body drops dramatically. These hormone changes can trigger a person's mood[2]. Seasonal depression is known as mood disorders that occur every year at the same time. They can occur in the fall or winter and early summer or end in spring. Scientists think that depression occurs because certain hormones in the brain are triggered by seasonal changes that occur each year. Moreover, people with winter symptoms begin to gain weight, they have a great appetite and need adequate sleep. However, lack of appetite, difficulty sleeping, and weight loss lead to summer symptoms. In addition, this depression usually occurs to the student who is studying far from home especially abroad who have a seasonal change. One example is that they are stressful with changing seasons and with assignments.

A 16-year-old girl has reported killed herself after posting a poll on her Instagram account by asking her followers to die or not, and 69% of responders voting she should[6]. This teenage was close to her stepfather but since the stepfather married a Vietnamese woman, he rarely returned to Kuching to meet the victim. It causes the victim to feel sad. In this case, we can tell that the girl suffered from depression that led her to commit suicide because she felt the sadness would not end. She did not know who she could express and how people could understand her feelings, even though she told her sad story, no one cared. This is why if someone is experiencing unexplained sadness, anxiety all the time or more symptoms for most of the day and it happens every day for more than two weeks, you should get help from your GP.

Depression can be treated. If you talk to your GP about how you have felt for the past few weeks, they can help you. They will ask you several questions about how your depression affects you mentally and physically. Also asking for your feelings and thoughts that can help them better understand what you are going through and what kind of support you need for your situations. They may offer you medication if it's appropriate or free talking therapies. Medication is not always the first choice but talking therapies in the form of counseling and psychotherapy work well for depression[5]. But some people who suffer from depression prefer to hold back their emotions than to say something about what is happening because they believe no one can understand what they are feeling. If we keep the problem for too long, it becomes a burden. They cannot help themselves to solve their problems, so they need to seek the help of people they trust. Besides that, GP will suggest simple healthy lifestyle

changes, it is not easy to make but they can give a significant impact on depression. A healthy lifestyle is a regular exercise and sleep. Besides that, eat healthy to naturally boost your mood or try to manage your stress. These days, every school has asked each student to fill in some questions for depression testing. This activity is being handled by the counseling school. This test is designed to protect children from depression. The school counselor will talk, understand what the student is going through and advise them on how to handle depression properly before it gets worse. Also, depression testing is now all over the internet. You can take your tests, see results then seek help from GP.

Last but not least, if your depression is keeping you from living the life you want to, do not hesitate to seek help. Life is too short to be unhappy. Everybody deserves to enjoy every second in their life. There are quotes tell “you're not a bad person for the ways you tried to kill your sadness”. From therapy to medication to healthy lifestyle changes, there are many different treatment options available.

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