

Depression Traps

Depression traps vary from person to person. Their commonality lies in the fact that they serve to worsen your mood and perpetuate a vicious cycle. If you are experiencing depression, you should be careful of the following behaviors which can deepen your depression.

Avoidance and Social Withdrawal: Most people, when depressed, avoid social interaction. They start making excuses not to attend parties, sports events, and family gatherings. This only worsens the depression. Even though difficult, it is especially important to connect with people and pleasurable activities when you are depressed.

Negative Thinking: Negative thinking both contributes to and is strengthened by depression. Healthy cognitions create a healthy life and are an important first step in treating depression. When I am treating depression and I notice that the person just can't control the negative thoughts, medication can help given them the power to change their thinking. It won't be enough, they still have to do the work, but it will make a difference in their capacity to make change.

Skipping Exercise: It can be difficult for some people to find the time to exercise but it is especially important to do this when you are depressed. Exercise can help in many ways. Many people believe that serotonin and dopamine are increased when you exercise. It has been shown that even a short exercise period can increase levels of BDNF (Brain Derived Neurotrophic Protective Factor). This neurochemical protects your brain from atrophy and damage that can occur with long term depression.

Addictions: Many people turn to substances to alter their depressed mood. This can give you a temporary mood life but it will almost always increase the problem in the long run.

Rumination: Dwelling and brooding about negative themes in your life often accompanies depression. It doesn't help in any way and will, almost always, strengthen the depression and further disable you.

Sugar : Craving carbs and sugars often accompanies the feeling of depression. Sugar does have mood-elevating properties but it is only temporary. The temporary high is followed by increased depression as blood sugar falls. The increased weight that is inevitable will just add to your list of "things to overcome".