

LIFE Dr Russ

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Dr. Russ

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Our personal mental health is one area we often neglect. If we paid more attention to it, our lives would benefit greatly. We would have fewer medical issues, less stress, and less anxiety in our already busy lives.

One of the most prevailing issues in mental health is depression. Depression can severely disrupt our life, affecting our appetite, sleep, work, and relationships. We all feel "blue" and down at times, however, depression is much more than this. Depression is a consistent feeling of sadness, worthlessness, hopelessness, or guilt. It includes a decreased interest or pleasure in usual activities or hobbies a loss of energy and a change in appetite. Depression may also include a prolonged change in sleeping patterns, a decreased ability to make decisions and thoughts of suicide or death.

Depression is not a character flaw. Feelings of depression can be caused by a chemical change that affects how the brain functions. It is also often caused by a feeling of inadequacy. It involves body, mood, and thought. Recovery from depression may require therapy from a qualified mental health professional. Therapy is generally a few meetings that allow you to work on specific issues and discuss underlying emotions and thoughts causing or caused by the depression.

There are things you can do to prevent depression or stop depressive feelings. First, acknowledge that these feelings are real. Secondly, stay active. When you begin to have these feelings, do something for yourself and for others. Thirdly, challenge the self-defeating thinking. Most importantly, talk to someone about how you are feeling. Whether you talk to your significant other, a trusted friend, or a therapist, share your thoughts, feelings, and emotions with them.

When you are feeling depressed, these are things you may not feel like doing, however, it will help you pull out quicker.

Recovery from depression is sometimes a challenge, however it IS possible. If you or someone you know is experiencing any or several of these symptoms, you should talk to your mental health professional about whether you are suffering from depression.

If you have a topic of interest or a question for Dr. Russ about mental health or related issues, you may email him at r.gaede@lecutah.com.

Dr. Russell C. Gaede, Psy.D., holds a doctorate in clinical psychology and a certificate in Marriage and Family Therapy. He is the executive director for the Life Enhancement Center, a mental health therapy center located in Provo, UT. To find out more about the Life Enhancement Center and the services they offer, visit their website at www.lecutah.com.