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Editorial**Depression : Let's Talk****Introduction**

World Health Organization (WHO) celebrated on 7 April every year to mark the anniversary of the founding of WHO provides us with a unique opportunity to mobilize action around a specific health topic of concern to people all over the world. The theme of 2017 World Health Day campaign is depression.

Depression affects people of all ages, from all walks of the life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday task, with sometimes devastating consequences for the relationships with family and friends and the ability to earn a living. At worse, depression can lead to suicide, which is now the second leading cause of death among 15-29 years.

What is depression ?

Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks.

Top ten signs of depression

- Feeling of sadness or unhappiness.
- Loss of interest in daily activities.
- Sleep changes.
- Feeling of helplessness and hopelessness.
- Loss of energy
- Appetite and/or weight changes.
- Unexplained aches and pains.
- Irritability or restlessness.
- Concentration problems.
- Self-loathing & feeling of suicide.

Top 10 signs of depression in teens.

- Irritability, anger and feeling of hopelessness.
- Sensitivity to criticism.
- Suicidal thoughts, obsession with death and low self esteem.
- Social withdrawal.
- Abrupt loss of interest in sports or activities.
- Unexplained aches and pains.
- Appetite changes.
- Sleep pattern changes.
- Trouble with schoolwork.
- Lack of energy and motivation.

Top 10 things to help battle depression**Exercise**

At least on the treadmill for at least for a half-hour.

A walk outdoors helps too.

Exercise never fails to make any one feel better.

Small, realistic goals

This often relates to work. When anybody feels overwhelmed , he can survive if he remembers to set small goals like return his phone calls from day before or clean out his in-box.

To get a massage

A regular massage-even if only monthly- always helps a person to feel better physically and mentally.

Taking the medicine

Occasionally a person gets sloppy & forget to take his anti-depressant. This can be happened when a patient starts feeling better. But it is never a good idea to do that without talking to a doctor.

Focusing on family.

Spending some time with the family specially with the children, it will make feeling better.

Seeking work-life balance.

Staying spiritually fit.

Keeping the therapy appointments.

Listen to music or get lost in a movie.

Giving back**How to eliminate depression from our life****1. starting a daily routine**

A daily schedule should be created. For example, we can wake up at 6 a.m every day, meditate, workout, takes a shower and eat breakfast. A schedule gives us control over our life, because it's up to us to make and stick to it. When we feel stuck, we can change our routine.

2. Changing our diet for the better

When we don't eat a balanced diet, we can feel lethargic and emotional. We can go through our refrigerator, freezer, pantry and cupboards and toss our junk. We can replace food with whole grains, fruits, healthy fats, proteins, vegetables and whatever foods our doctor recommends.

3. Exercise does our body and mind good

Humans were meant to move. Working out five to seven days a week is good for our mind, body & soul. Has it been some time since we have exercised ? starting off slow. We may want to join a gym and work out with a personal trainer who will create a workout routine for our body.

4. Challenge negative thought patterns

How often do we challenge negative thought patterns ? for example, if we feel worthless, how do we know we are worthless ? did someone tell that we are ? if they did, how do we know it's true ? whoever put us down most likely had issues themselves and passed their "stinking thinking" onto us. Question our thoughts before we accept them as truth.

5. Trying for something new.

We should get out of our comfort zone and should try something new. We should take pottery class or join a hiking group. we should sign up for a half or full marathon. We should go to the art museum or eat at a new restaurant.

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