Stop! It May Be that You are Suffering with Depression by Focusappsstore014

Article published on December 5th 2011 | Disease

As we are getting advanced and our lifestyle is changing, health problems are also increasing. Depression is also such problem which is not only affecting adults but now children have also become prone to this. The causes and symptoms of this problem are not completely known and sometimes misunderstood and overlooked. Depression is never normal. More than seven million elders are suffering from depression. Depression animated video is helpful in providing more information about the problem. These videos discuss about the problem in a broad manner and tend to provide every little to big information about the condition.

What is depression?

â€¢ Actually, depression is a state of low mood. It affects a personâ€™s thoughts, behavior and feelings. Depression makes people feel likeanxious, empty, hopeless, sad, helpless, guilty, irritated and restless.

â€¢ They lose interest in almost all the activities. They donâ€™t even like to perform those activities that once were pleasurable for them. They experience like loss of appetite or overeating.

â€¢ Such persons face problem while concentrating on study or on any important task, feel themself unable in remembering details. They face problems and inability in making crucial decisions. They may feel contemplate and commit suicide.

There are several factors that lead to the condition. There are some psychological factors, environmental factors and physical factors work behind this. Any one or combination of these factors may be responsible for causing the condition.

â€¢ Traumatic or unresolved events can cause depression

â€¢ Aging, as we age, feel ourselves uncomfortable with physical changes such as stroke, amputations, heart attacks etc.

â€¢ Frustration

â€¢ Loss of friend or family member, spouse etc.

â€¢ Psychological conditions like low self-esteem, anxiety etc.

â€¢ Loss of independency etc.

Some environmental factors may also cause depression such as:

â€¢ Retirement

â€¢ Family history of depression

â€¢ Medical conditions such as diabetes, cancer, heart attack and other severe diseases

â€¢ Social isolation

â€¢ Chemical imbalance in the brain functions

Besides these many other reasons can also cause depression. Depression animated video helps to describe the problem in a deeper manner so that such problems can be sorted out easily.

If anyone understands its symptoms before the problem attacks then it becomes very easy for a person to get rid of depression. Some symptoms of this problem are:

â€¢ Confusion

â€¢ Social withdrawal

â€¢ Memory problems

â€¢ Loss of appetite

â€¢ Weight loss

â€¢ Inability to sleep

â€¢ Irritability

â€¢ Delusions

â€¢ Hallucinations

Help from a psychologist or care takers may help to come out from the condition as they try to sortout the problem from the deep. They find out those circumstances which are responsible for inducing depression.Depression animated video can help in this regard to sort out the problem as these videos offer thorough information with the description of its causes, symptoms, treatment and prevention. With the help of these videos the problem can be treated more accurately.

Article Source:
http://www.articleside.com/disease-articles/stop-it-may-be-that-you-are-suffering-with-depression.htm - Article Side

Focusappsstore014 - About Author:
For more information related to this please visit at the given link : a depression animated video and a medical animation

Article Keywords:
depression, depression animated video, depression causes, medical animation

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!