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Depression

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Medication is not the best option or rather way to deal with depression. Most health practitioners and psychologists have recommended medication once an individual is diagnosed to be having depression symptoms. However, in some cases, the situation tends to deteriorate and hence looking for other ways to deal with depression can help. In such cases it is evident that medication is given too easily and hence not all cases of depression require medication. However, there exist alternatives that can be utilized to deal with depression once and for all.

One of the alternatives to fight depression is by finding personal meaning through small things in serving others (Karyotaki et al., 2015). Doing small things for other people should be considered as success and pursue for happiness. With this taken into place will help the individual learn to appreciate themselves through discovering that their small efforts means a lot to other people.

Again, going for workable goals also helps to deal with depression. Mostly individuals become depressed the moment they find that they can no longer achieve or rather accomplish the goals they had put into place. As a result, more often people seek for medication of which turns out not to be effective since the main cause of depression was lack of workable goals (Williams, 2014). For that reason, there is need to go for achievable goals in any undertaking.

Attending or scheduling pleasant events also helps to do away with depression better than medication. Attending pleasant events helps to cultivate the get the necessary mood at the time and hence avoid any chance of developing depression (Karyotaki et al., 2015). However, psychologists have also made it clear that during such events one should have the right attitude as this helps the individual to know immediately when something goes wrong.

Being mindful or rather staying in the present also helps to fight depression more than medication. Medication comes out to be useless in dealing with depression more so when the main cause is lack of mindfulness. Hence, avoiding self-judgment in most of the day activities helps a person to eliminate or rather reduce any chance of developing depression (Williams, 2014). On the other hand, having higher self-compassion helps to improve self-worth and in turn avoid depression at all cost.

Again, eating right and doing regular exercise also helps. It has been recommended that having regular exercise helps to refresh the mind and do away with aspects and thoughts that may lead to depression (Karyotaki et al., 2015). On the other hand, when one pays a lot of attention on what they eat or drink influences their mood. Hence, failure to do so may lead to someone developing or falling into depression and thus giving medication easily may not help.

It has also been noted that the moment one focuses on relationships and those who lift them up may help to eliminate depression more than medication. It is clear that when one is in unconstructive relationship higher chances are that they will fall into depression easily (Williams, 2014). Therefore, in such a case medication cannot be effective other than knowing one worth and engaging or having beneficial relationships that will lift them up in terms of self-worth. In addition, it is good to find a balance between interacting with people and having your own time.

Last but not least, having a regular sleep schedule helps to deal with depression more effectively than medication. It may be found that the main cause of depression is lack of enough sleeping hours and thus even if what kind of medication is prescribed; it won't help to eliminate depression other than having enough sleeping time (Karyotaki et al., 2015). Hence, taking into

consideration the sleeping schedule is much more important as far as dealing with depression is concerned.

References

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