

MAJOR DEPRESSION



Major depression, or severe depression, is a mood disorder in an individual in which feelings of sadness, loss, anger, or frustration interfere with daily life for weeks or longer. Depression can affect the management of chronic illness as well as cause short-term disability and decreased productivity. Major depression is not a passing sadness. If left untreated, symptoms can last for weeks, months, or years. However, proper treatment can help most people who suffer from the condition.

Causes

Depression is caused by chemical changes in the brain, genetic factors such as a family history of depression, and psychological factors such as trauma, loss of a loved one, or difficult or stressful relationships.

Symptoms

The manifestation of depression can vary according to the stage of life we are in, for this reason the symptoms can present themselves differently from person to person.

Some of the most common symptoms are:

- sadness or irritability that does not improve
- persistent changes in sleep pattern, appetite, and energy
- difficulty thinking, concentrating, and remembering
- lack of interest or pleasure in the activities you usually enjoy
- feelings of guilt, low self-esteem, hopelessness, and a great emptiness
- ideas about suicide or death
- constant physical discomfort that does not improve with treatment, e.g., headache, gastrointestinal discomfort, and chronic pain

Treatment

Major depression can be a complex illness, since many people with depression do not seek or complete treatment. Treatment usually includes a combination of drug therapy and psychotherapy. With good adherence to treatment, symptoms can be improved, daily activities can be restored, and a relapse can be prevented.

The following recommendations may help you feel better:

- Seek professional help.
- Exercise.
- Maintain good sleeping habits.
- Do activities that are different from your daily routine, such as walking, hiking, or going to a movie.
- Break down large tasks into smaller ones, prioritize, don't push yourself, and do what you can, when you can.
- Participate in group activities.
- Talk to someone you trust about how you are feeling.
- Spend time with people who can give you emotional support, understanding, patience, and encouragement.
- Do not isolate yourself and allow others to help you.

If you are depressed, you may feel tired, helpless, and unmotivated. It is important to understand that these feelings are the product of the condition, and do not reflect your actual circumstances. To the extent that you acknowledge your condition, seek professional help, and comply with your treatment, negative thoughts will disappear and your quality of life will improve.

To get support and address mental health issues call:

MCS Solutions • 1.866.627.4327

24 hours a day / 7 days a week

Reference:

National Institutes of Health

<https://www.nimh.nih.gov/health/topics/depression>

NIH, MedlinePlus <https://medlineplus.gov/ency/article/000945.htm>

Complete Health **MCS** Classicare (HMO)

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