



WE NEED TO TALK

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It could be the kid who is always smiling. It's your favorite uncle. It's you. It's me. It's another face in the crowd.

Depression is like that secret birthmark or freckle. It's there, but it's hidden. Very few people, if any, know about it.

The people who may know, forget or are distracted by the happy times, the smiles, not seeing each other every minute of every day.

However, it's there. Depression comes in many ways. For some people, it's fatigue, not having any motivation, feeling incompetent, or putting off doing the laundry they have wanted to do for the past few weeks.

In other circumstances, depression can be crippling. It can cause people not to want to leave the house, not get out of bed, not take a shower, lose appetite or the ability to eat, or unable to love or

It's time to recognize **DEPRESSION**

allow themselves to be loved.

Some people battle it daily while others have certain circumstances and situations that trigger their depression.

Depression is not just black or white. There are many gray areas and every part of it matters.

Stress is one of the biggest triggers for depression; other stressors include money, family, work and health. For the past couple of years, these factors of life have changed and become more difficult, most recently due to the coronavirus, job loss or inflation. That stress has also caused an increase in symptoms of depression.

It's time to get a hold on it. What can

you do?

The medical way of dealing with depression is to speak with a psychologist about how you are feeling. Not just the bad, but the good as well. A trained professional can prescribe you medicine to help with the depression symptoms. Some people are not always comfortable talking to a stranger or becoming dependent on a prescription to make them feel better. That's alright; there are more natural ways to get a grasp on depression.

Eating and drinking what is good for you and your body helps eliminate the feeling of fatigue, boosts serotonin levels and benefits the appearance of your body, which also boosts self esteem. Many people don't realize how important a good diet is to their mental health.

Some unhealthy coping mechanisms to try and steer clear from when you are feeling stressed is binge drinking, over-eating or stress eating, or simply not eating at all. Your body needs food as

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