

## How to Deal With Clinical Depression

### **What is Clinical Depression?**

We all have gone through those bouts of sadness, when you felt each event and every person is working against you. Such thoughts in most cases are temporary. In a few hours or in a day you turn the same person you were earlier, busy with the routine. But the case is different with a person having clinical depression. *Clinical depression is an acute form of depression that is difficult to cure. A person with clinical depression will always feel sad and will view life negatively.* His whole life is affected, which includes his social life, interaction with others, enjoyment, and he restricts himself from the world, he feels low about himself. At the extreme, the person has to fight suicidal thoughts, which is the worst. Clinical depression is serious to recover from but it is not impossible. If it is clinical depression that you are going through, understand that there is more to life than your problems.

### **Think Positive - Keep Negativity at Bay**

You know it quite well that negativity is of no use, it has helped no one and will not in the coming. So next time you have a negative thought bury it then and there. Think about something else, bring back your pleasant memories and feel them, watch television, talk to a friend. But don't let that killing negative thought spread in your mind. You should always think positive no matter what and never lose hope of a better future.

### **Channelize Your Energies to Your Goal**

What is the reason for your depression? Have you failed in your goal and made yourself believe that you cannot achieve it? Is there no way left to help you achieve it? You may have answered the above questions in a 'yes'. But spoiling your life just because you couldn't achieve your goal is wrong. Believe me, there is always something better that awaits. Set a new goal and harness all your energy to realize it. Let your thinking revolve around it, use mental visualization as a tool to motivate yourself. The key here is staying busy with something, there should be a purpose that keeps you motivated and going. Let not failure ruin your life, be hard working and sincere towards what you want. Even if you don't get it, your efforts would never go waste and at the end you will be rewarded.

### **Counter Low Self Esteem - You are Special**

We all are unique and blessed in our own way. We only fail in realizing this and brood that others are luckier and live a better life. But again this is negative thinking. Don't feel depressed because you are an under achiever and have achieved nothing till date. Losing all hope and doing nothing to better your life is the wrong attitude. The key lies in being a fighter and having a strong belief in oneself. Always keep in mind, you are special in your own way and be optimistic.

bout (n) NAPAD

a short period of illness or involvement in an activity

acute (*adj*) *AKUTEN*

an acute pain or illness is one that quickly becomes very severe

interaction (*n*) *INTERAKCIJA*

when two or more people or things communicate with or react to each other

restrict (*v*) *OMEJEVATI*

to limit the movements or actions of someone

low (*adj*) *MAJHEN*

not important because of being at or near the bottom of a range of things

pleasant (*adj*) *PRIJETEN*

enjoyable, attractive, friendly, or easy to like

channel (*v*) *USMERJATI*

to direct something into a particular place or situation

goal (*n*) *CILJ*

an aim or purpose

await (*v*) *PRIČAKOVATI*

to wait for, or be waiting for something

harness (*v*) *KORISTITI*

to control something, usually in order to use its power

revolve (*v*) *VRTETI*

to move or cause something to move round a central point or line

visualize (*v*) *PREDSTAVLJATI SI*

to form a picture of someone or something in your mind, in order to imagine or remember them

purpose (*n*) *NAMEN*

why you do something or why something exists

sincere (*adj*) *ODKRIT*

(of a person, feelings or behaviour) not pretending or lying; honest

effort (*n*) *TRUD*

physical or mental activity needed to achieve something

counter (*v*) *NASPROTOVATI*

to react to something with an opposing opinion or action

self-esteem (*n*) SAMOZAVEST  
belief and confidence in your own ability and value

attitude (*n*) STALIŠČE  
a feeling or opinion about something or someone, or a way of behaving

oneself (*pron*) SE  
the reflexive form of the pronoun 'one' when it refers to people in general or to the person speaking

depression (*n*) DEPRESIJA  
the state of feeling very unhappy and without hope for the future

#### WORD FORMATION

acute (*adj*) - acuteness (*n*) - acutely (*adv*)

interaction (*n*) - interact (*v*) - interactiv (*adj*)

restrict (*v*) - restricted (*adj*) - restriction (*n*) - restrictive (*adj*)

pleasant (*adj*) - pleasure (*n*) - please (*v*)

revolve (*v*) - revolving (*adj*)

visualize (*v*) - visually (*adv*) - visual (*adj*)

sincere (*adj*) - sincerity (*n*) - sincerely (*adv*)

effort (*n*) - effortless (*adj*)

depression (*n*) - depressing (*adj*) - depressed (*adj*)

counter (*v*) - counter (*adv*)