

DEPRESSION GUIDE MAGAZINE

Issue 01 / June 2014

Food and mood
Connect - Are
they related to
each other?

Men Sex
and
Psychology

*Pregnancy and
Eating Disorders*

Mental Health
Walk

The way I benefited
by this initiative
made me share it
with you all.

Check List for
Beating Depression

*Food I avoid while
depressed*

Infertility and Mental Health Relation

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Stop
keeping
track
of your
mistakes
- It's
time you
forgive
yourself



From Editor's Desk

We are in the middle of summers and that too, a pretty bad one to come since a long time. Do you feel lazy, sluggish and often turn sad during these days it is something, which is reasoned by mood changes.

Now we have two choices, either we focus on the summer quotient or the corresponding changes in the mood. Well, looking at the time we are in, the start of June, it might be a good idea to focus on summer sports and fun in the sun.

For most of us in better, so-called, mental state, June is the month, which marks the end of the summers. But truly speaking, still most of us are lazily lying in front of air conditioners. The motive is to keep us calm and cool, which makes our imaginations pent up.

I do not want you to become sad and depressing by reading this. In fact, I want you all not to be morbid or morose. In fact, we want you to find the stories in this issue of mental health uplifting and encouraging.

Why? Because this is reason we all read an issue of Mental Health and Depression magazine. We can find good examples of personal agony and revival from it. There are people who have struggled and came out of it. They are there to lead by example and we can follow them to success.

The current issue of the Depression and Mental Health Letter from the Editor checks the condition, called as SAD, Seasonal Affective Disorder. It explores why the light can bring down the dark within us.

This condition makes a person feel depressed and sad at the same time of the year, specially starting with fall and ending in spring. Affected people are tired, anxious and irritable. They avoid being with friends and participating in social events. There are some levels of physical symptoms like overeating and more rest.

SAD has some genetic link as well, since it runs in families. It also keeps on coming to people who are in regions with less of daylight. So, the treatment is also related to exposure to sunlight if it is available, else using artificial fluorescent with metal reflectors.

In this type of therapy, the patient sits near an apparatus for duration of half an hour to two hours every day throughout the winters. The luminosity should be equal to morning sunlight. There are although some chances of mild headaches or eye pain.

Some Really Practical Tips

Below are some of the practical tips of fighting with the feel of gloom:

1. Drink more water - Get lot of water, which flushes body with harmful bacteria and viruses and helps spread nutrients in the body.
2. Keep clean – Keep your hands clean and wash them properly. Always carry your pen, do not share mobiles and keep an antibacterial gel with you.
3. Keep yourself covered up – Shivering exerts high amount of stress on the immune system. Buy a good pair of gloves, warm shoes and a hat. Always dress in layers, which can keep you well insulated.
4. Shake your body - Pumping your heart is not only good for the body, but it is good for the mind as well. It can raise the endorphins and makes you feel good naturally.

So build your own fitness and well being routine and evade that mood depressing winter out of the window.

INFERTILITY AND MENTAL HEALTH

“Are you depressed and infertile”. See what professionals say about this combination!!



According to doctors, the term infertility refers to the inability of the women to get pregnant after 1 year of trying. The inability to stay pregnant is also termed as Infertility in women. It affects about 10–15% of couples in the world across.

There are psychological repercussions of this condition with women who want to get pregnant often suffering from following illness as well:

- Anger
- Marital problems
- Depression and Anxiety
- Sexual dysfunction
- Social isolation
- Low self-esteem

Researchers could not so far establish the relation between mental health and infertility. Although it is common to see Infertility as the reason behind mental health issues, but the converse of this is not established or seen. It might be possible that in very severe cases of depression, some of the ovulation hormones are not able to regulate menstrual cycle and there are problems with the lady to get impregnated.

Psychological Impact of Infertility

Couples who are not able to get the child when they so desire often go through the stigma, sense of loss, and lower self-esteem. Women are affected by the infertility aspects more than men do. They are more distressed and this is shown in some of the research as well.

The male behavior to the infertility problem is directly proportional to their partners reaction towards their infertility if men are the reason of non-conceiving. A common feeling of defectiveness is prevalent among men and women who suffer from infertility issues for a long time.

Men and Infertility

The mere mention of term Infertility puts a cut into men's self esteem and masculinity. Men are more concerned about the performance criterion and sue to this they fall into the anxiety trap.

The couples as per doctors should frequently follow some rigid schedules of lovemaking. Erectile dysfunction can be one of the affects of the discussion of male infertility in the bedroom.

In Couples infertility can affect relationships.

1. The outcome of infertility and its treatment can create new problems in couples.
2. It can bring out existing problems. It can lead to recriminations.
3. The opinion difference about how far to go for child desire is also a major point of conflict in couples. And couples sometimes find they're not on the same page when it comes to how far they'll go to conceive a child.



Do you Know:

Professionals can help for Infertility induced Mental Issues

The Mental health professional you are selecting should know the emotional aspects of infertility treatment. Recommendations are as follows:

1. Choose a doctor carefully by examining the education and experience of the doctor.
2. Talk to more than one person and then decide taking into mind the experience of other people with the doctor.

Connection of Food and Mood

Are Mood and Food related to each other? Do you think there is a innate relation between what we eat and how we feel?



Vitamin D as mind wonder drug

Vitamin D has a connect with the sun exposure and causes the higher levels of brain tonic for good mood, the serotonin. According to a research from University of Toronto, people who have SAD (Seasonal Affective Disorder) improve with the levels of vitamin D in their body. Minimum RDA for Vitamin D for your mind health is about 600 International Units.

Try Mediterranean food and diet

The food habits and diet from the Mediterranean region is balanced and it often includes the food items like nuts, fruits, fish, legumes, etc. Almost all of the mentioned food items are rich in nutrients and vitamins important for the prevention and precaution from depression. The importance and marvelous capabilities of Vitamin B12 and Folate has already been postulated above.

Have Spinach like Popeye

Vitamin B Folate is the reason behind the powers of spinach. Spinach has close to 131 micrograms (mcg), or about 1/3 of RDA of Folate for women. You can also try baked garbanzo beans which has 70% RDA of Folate. So next time, go for some spinach in your salad and you are sure to cut down on your levels of depression and mental sickness. Know how Popeye puts spinach in his mouth and bam goes the bad man away.

Get More Omega-3 Fatty Acids

The Omega-3 fatty acids are a type of polyunsaturated fatty acid and found in fish, flaxseed, walnuts, etc. Consuming these nutritional agent help us protect against depression. The Omega-3 fatty acids affects the neurotransmitters in ur brain cells. What you can do is to shoot about 2-3 fish servings per week. You can now give excuse for eating fish. It can cut down your depression.

According to an study performed at the Harvard School of public health, the women who drink 2 cups of coffee per day, reduces their chances of suffering from depression by almost 15%. This rate decreases to 20% of the number of cups are at a level of 3-4. But there are other side effects of caffiene. The beneficial factor of coffee is attributed towards the release of brain chemical called dopamine.

According to the recent studies, a good nutrition is very much important for the well being of mental health. The state of mental behavior is highly influenced by the diet related aspects as well.

The scientists postulated that the brain and body needs constant levels of sugar in order for them to work efficiently and properly. For this to happen, we should eat at an interval of every four to five hours.

Can the diet make you sick and grumpy?

Do you ever felt why the snack or fast food was not able to soothe your bad mood although you feel little satisfaction temporarily? The fact is simple, modern diet is very high in fats which are not good for health, unnecessary sugar levels, simple carbohydrates which can be pivotal in causing the stage for illness like depression, mood disorders and to an extent, anxiety.

Reasons and Studies showing Bad Effects of Food on Mood

There is a cause and effect relationship between bad food and bad mood. See the following reasons for some more light:

1. Fluctuations in blood sugar levels are associated with The changes which a person experience in their mood and body energy are associated with the change in blood sugar levels for that person. It also depends on what we eat.
2. The chemicals dealt by brain especially the neurotransmitter enzymes, agents, dopamine, acetylcholine, etc. effected by the diet we have everyday. These chemicals control our thoughts, our behaviour and senses.
3. Sometimes there are allergies hidden in food which causes lot of sensitivity towards that food. This causes our brain functioning to be affected over a long period of time.
4. Vitmain deficiency and minerals deficiency has been long known to impact the physical and mental well being. Low levels of certain vitamins and minerals can deeply affect the mental state of a otherwise healthy person. Some of the recent studies shown tht there are relations between the low levels of B-vitamins and schizophrenia, low levels of Omega 3 in diet can cause depression, etc.

Rely on food such as below for a healthy Mind and subsequently:

- Oysters, sardines, crab, saltwater fish and freshwater fish
- Nuts and seeds
- Whole wheat grains
- Low fat dairy Products

Checklist for beating depression

Is depression draining your life, hope, energy, drive, etc.? Is it making you more and more difficult to live life and feel better? Overcoming from the clutches of depression is not easy, but it is not impossible. You can achieve some control over the feelings by the help of our willpower and following something, which are simple yet powerful steps. Make little positive choices each day and it is bound to make you feel better with each passing day.

There is a list shown below which can help you in ticking the positive things, which you can do or select for every day. Remember the key is to do one thing at a time and not to jump on many together. The list can also be changed. We are depicting a sample list of things; you can select your own list as well.

- Talk to someone you love
- Get yourself out of bed
- Eat balanced and regular meals
- Don't skip your medicine today
- Follow regular sleep patterns
- Go out in the sun
- Work from lists to get things done
- Attend a support group
- Walk in nature
- Get a massage
- Listen to music
- Pray
- Dance
- Keep good hygiene
- Do some art
- Get a medication check
- Journal
- Take a warm bath
- Put on something nice
- Play with pets
- Talk to your therapist
- Do relaxation exercises
- Spend time with positive people
- Do something on your "wish" list
- Watch funny movies and TV
- Do something for someone else
- Write a letter
- Enjoy a nice cup of tea or coffee

No man ever steps in the same river twice, for it's not the same river and he's not the same man.



A MENTAL HEALTH WALK

I am Timothy Stevens living in Northampton. I am a mother of 2 young girls who are going to reach their teenage soon. I was separated from my partner about 4 years back and started to live with my mother. My father dies about 3 years back and since then I decided to stay on with my mum.

The things have been very tough and I now settled myself with a business of my own running successfully. It seems like; life has smiled on me again.

I have been a long sufferer of mental health related disorders due to the events, which has unfolded, in my life. I went through a tough separation phase in my life with two little girls to support. Then I lost my father and need to take care of my ailing mom. On top of this there was a loss of income from all sources at one time. All this pushed me to a state of depression. Although there has been some changes which happened over the years since I have started writing and made it a full time career for myself. Now I am able to support my family.

About 6 months before, I heard about the health walk conducted in the local area in Northampton, from my friend. She suggested my to take a chance and try the health walk. Due to her encouragement I decided to give it a try. Initially I was a bit tensed about how long the walk would be. I later found that it was the right length walk, which I can easily manage. I found people to be very friendly and open.

As soon as I arrived at the meeting point, a staff member of the Walking Group spoke to me about the arrangements and the things I need to do. He also gave me pointers to more information and how to know about the walks in advance. He also told me about the User Involvement Services in Northampton. As I began walking with others, there were walk leaders, who came forward and talked to me. Later during the refreshments, other walkers also invited me to sit with them.

This was like; I am welcomed at every part of the walk and made me very comfortable. They told me that I am welcomed and also encouraged me to come again to this weekly walk event.

As thought originally that the walking groups are intense, I was a bit tensed and skeptical. But I found that since people talk and participate, the walk is more enjoyable than tiring. The aspect of refreshments and coffee after the end of the walk made it more personal and community event rather than an exercise of walk. It had very positive effect on me and I was able to exercise as well.

Slowly, I started gaining stamina due to my constant walking and I was walking longer and farther now. It made me feel more positive and fit.

For my mental health the walks have really lifted my mood and I always feel better after a walk. The days I go walking are always a good day for me. Talking to new people has been beneficial to me as I feel less nervous meeting new people and I do not feel like I am being judged in anyway. I see walking much more positively and would encourage others to join the walks as people are friendly and it is a lot easier than someone might think to take up.



Men Sex and Psychology

Is Men really an Adult Male Human Being or much lesser than that?

Human Psychology has been long studied by people of all regions and locations. Broadly speaking Psychology is the study, and mostly scientific, of human mind and its functioning. It also studies the factors and patterns affecting the persons behavior in a given situation or context. When we talk about the Man, we can define him as an adult male human being.

Do we really need to explain what is the meaning of sex - still for the sake of the article, sex is defined as the sexual activity, which includes but not limited to sexual intercourse.

Now lets put all the above-defined terms together - how would you define the Sex Psychology in Men? Complex isn't it. So what is the connection or mixture, which is making these words sounding complex?



According to the experts, there are reasons because of which men are having a playful nature when it comes to dreaming about mating or having sex with multiple partners. Does it sound very similar, and then you are really up to the research. The reason lies in the lower minimum parental investment, because of which men achieves greater reproductive success by sleeping with multiple women as compared to what women can achieve. There was a classic scientific study conducted with college students.

In that study, when Under Graduate students were approached on campus by opposite-sex people and asked if they wanted to have sex with him/her, whopping 75% men said yes, while 0% women said yes. This trend is so common all across globe. It is shown in many scientific studies that across cultures, men has higher openness to casual sex, a higher degree desire for number of sexual partners more desire to have sex as soon as possible in a relationship. This sexual behavior of men or their sex psychology is reliably shown same across various studies and methodologies.

There is a Sexual Strategies Theory, which has been laid by David Buss and David Schmitt. This theory shows that men have very much different sexual strategy in a given circumstance as compared to women. There are so called gender differences and social theories such as stigma, socialization, and double standards behind the differences in the opinion of men towards sex.

Here is how you would like to do to get the men attracted towards you and not be a sexual wanderer in the world like they had been during the Stone Age times.

Top fun facts about Men and Sex

1. Research always say, sex is what men have on their mind all the time. The fact is about 54 percent of men think about sex every day or several times a day, 43 percent a few times a week or a few times a month, and 4 percent less than once a month.

2. There is no consolidated study which ever suggested the average size of male organ. They are all biased or incorrectly reported by all men alike.


People say, you start the trend of suffering on your own. I learnt it from my life as well. You are the one who allow your life to take the course, which it wanted you to take. You just are not ready to be on the driver's seat.

I am Shirline, and how should I describe myself. Let me give it a try. About 12 years back, when I was 22, I started my life afresh after my University Majors. I was getting married to my college sweetheart and the thought of this was making me full of life. I lived in eastern region of United States and was an independent women in it's own merit. I was able to take good care of myself alone as well. Anyway, the thing started changing and that too for bad not very soon.

I started enjoying life, but soon, my partner was no longer the one with whom I have loved and exchanged vows of marital bliss. The differences took us miles apart, although we were busy with our respective schedules. He was just dragging himself everyday out of bed and straight to his office without uttering a single word to me and it continued for years. I was sure, there must be something bad going inside, but it just that, I did not reacted.



*My Story of Depression and
Mental Sufferings*

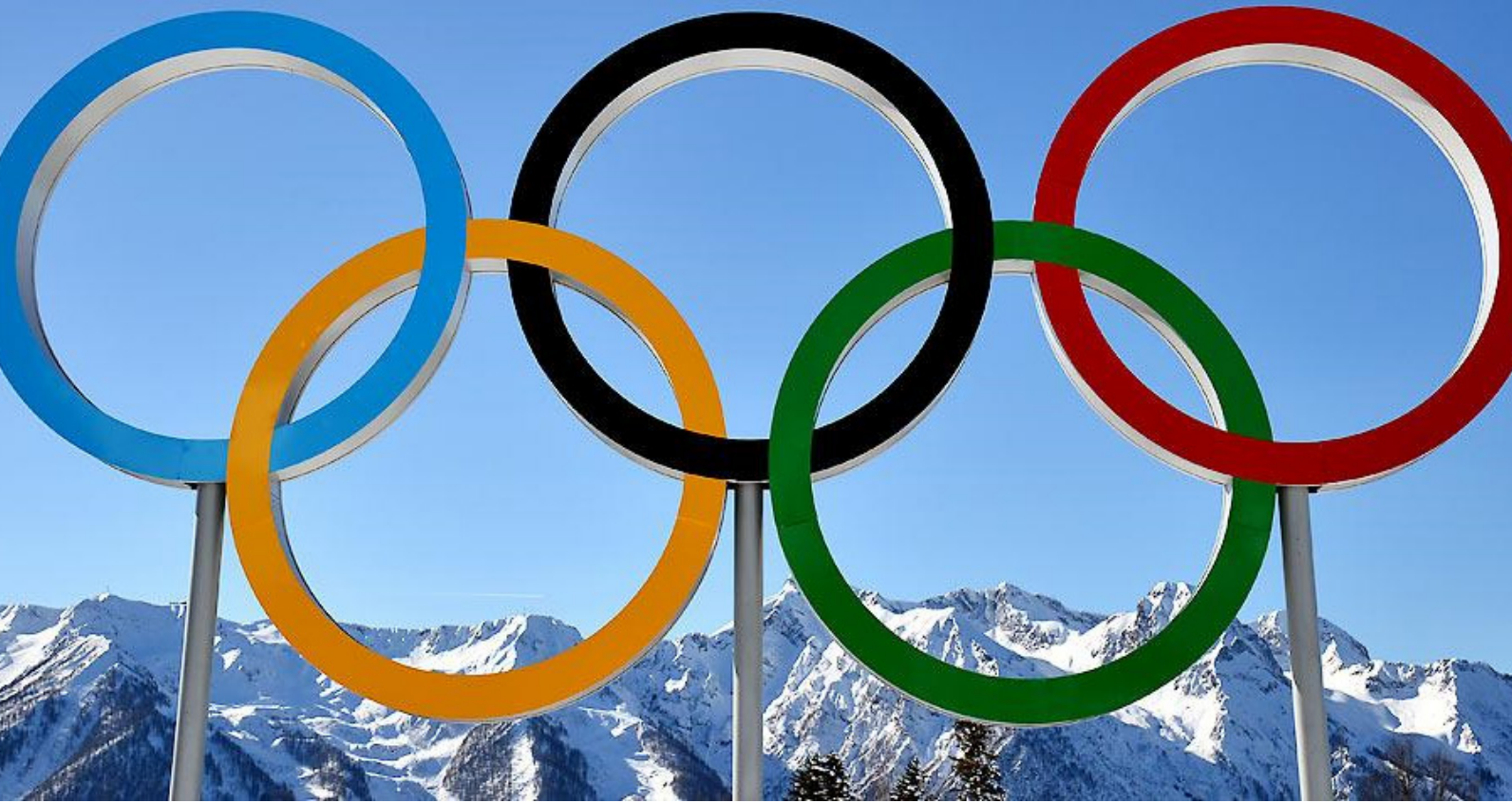
A photograph of a woman with long dark hair smiling broadly while holding a young child with curly blonde hair. They are both looking upwards against a clear blue sky. The woman is wearing a dark top, and the child is wearing a light-colored floral dress. The image is used as a background for the text.

Very soon, we as a family, living separately for 4 years in the same house, decided to have babies. And then the issues started with my health. In the course of next 3 years, I had 3 major surgeries and all of them left me devastated mentally with 2 little ones to support. The way my partner was treating me was hell and I was help responsible for every misery in life. I was no more attractive and gained lot of weight. The only hope I had was the two little prized possession I got from God. I am sure, they will be the stars in my eyes for the times to come.

Now I am 35, and my partner is still the same. He is non-caring and does not love me. He just ignores all my words and I have pledged not to let him take me for granted in any of the ways. In the community I belong to separating from the partner is seen with totally different eyes, as compared to western cultures.

So I am trying hard to bring my home, personal life, life with partner, love relationship back on track with my once school sweetheart. I am sure, I am going to succeed.

But, when I do not know, but I know he will change for good. I like to still wait for him and love him.



Mental illness in Olympians

Are you a follower of Olympics then you might be aware of the 2012 Summer Olympics. If you were following that Olympics, you might know about the legendary **Michael Phelps**.

You will be interested to know that someone like Michael mental health challenges. US swimmer Michael Phelps is an

example of a very successful Olympian who has ADHD. He has won no less than eight gold medals in the 2008 Beijing Olympics. He is the most decorated gold medalist ever, not to forget his ADHD.

Justin Gatlin, the three-time Olympic medalist in the track and field category also suffered from ADHD.

IT'S NOT GOD WHO GIVES US FEAR AND WEAKNESS. IT'S US WHO LEARN TO BECOME AFRAID. SEE THE FEARLESSNESS OF A 1 YEAR OLD AND IT VANISHES AS HE GROWS WITH FEAR ATTAINED IN THIS WORLD.

The soccer player **Hope Solo** of Team USA suffered from rounds of depression. She not only recovered from it, but also came back to the game to win a gold medal with her 2008 Olympic team.

She has bounced back again this year as goalkeeper. What a feat?

Clara Hughes, the famous Olympic cyclist from Canada, also suffered from depression. Did it stop her from being successful as an athlete? She won bronze, silver, and gold medals in both Summer and Winter Olympics. She was a speed skater. She is an amazing young woman with hopes to end the stigma associated with depression.

I am successful, does not make me less vulnerable to issues of mental illness and solitude. Look, I am alone and suffering like any other mortal!!

A known and famous Olympian



Does shopping therapy or retail therapy works really well? Does it make you feel as if you are pampered and no longer alone?

The answer to this question so far, has been yes, by most of the ladies and many of the gentlemen as well. But the fact differs from the myth. Retail therapy is actually not therapeutic and this is what was found by some of the scientific research.

The material trap

As seen above in the opening sentence, many people including many of us enjoy treating ourselves with the materialistic thing, which are very new. Shopping make us more lonely and bring us to an unmanaged state of material trap. The reason is simple, if someone shops because he or she is lonely, he or she can feel more lonely as a subsequent result, but the person still continues to shop as loneliness cure.

A photograph of two women walking in a city street, smiling and carrying shopping bags. The woman in the foreground is wearing a light-colored, long-sleeved top with a lace-up front and a dark skirt. The woman next to her is wearing a purple jacket and sunglasses. The background shows a blurred city street with buildings and a street lamp.

SHOPPING THERAPY

I go shopping when I feel lonely and depressed.

This is the quote of one of the leading ladies of Hollywood and she has openly accepted that during her days of hay, she used to try making them feel better by going on a shopping spree also known as Retail Therapy in the scientific community.

Hence the trap!!

There is a study conducted and published by the renowned Journal of Consumer Research, which showed that this cycle or trap arises when people shop for incorrect reasons.

The person is actually buying things to prove how good they are doing in life increases loneliness in a longer run. But if you really like something and you buy it can make things less lonely for you.

Loneliness has actually changed the way modern people in modern societies connect with each other.

We should aim at raising awareness about loneliness and its slow yet harmful effect on the mental health.

What we can do is to take detailed steps in reducing the isolation from our lives.



FOOD TO AVOID IN DEPRESSION

Well, there are many who think that does eating food cause changes to your brain and how you can feel and behave? The answer is very much yes. On the contrary, believe another fact that if you are eating small portion of any food, there are very little chances of raising depression and associated risks. Overindulgence is something, which you need to work upon since it can create lot of problems from Mental Health related aspects.

The issue with diet and depression is that, you just behave normally and eat normal diet. In a bout of depression, either you end up eating too much of your mood relaxing food, or you completely detach from meals.



Food that can be harmful in Depression

1. Some of the refined grain foods like Pasta or white rice,.
2. Aerated Drinks - any flavor
3. Fast Food or food on the go like pizza, hot dog
4. Sugars in any form, like cane sugar, brown sugar, corn syrup can just add sweetness and calories. They are typically very low in nutrients and they can easily disrupt the mood and do lot of weight related changes in the body. It can even raise the symptoms of depression.
5. Alcohol can cause havoc for a depression patient. It can affect thinking, understanding, reasoning, emotional well being, situational behavior, arrogance, emotions, etc.
6. Affects Serotonin levels which further causes mood changes. Although natural sugar is bad, it is still better than the artificial sweeteners.

Food Traps which can Affect Depressed people

Following certain life strategies can deeply impact your life. You can follow the below healthier steps to sideline the food trap:

- Choose your body comforter besides food. You can choose to take a warm bath, wrap in soft blanket, go for a cup of warm tea, etc.
- Have a positive attitude towards things. A more upbeat outlook towards things helps people with depression a lot.
- Instead of eating, opt for heart-to-heart talk with loved one.
- Have a balance and proper diet, which is full of natural and fuller nutrients.
- Develop and pick up activities which involves energy like running your dog, doing your own grocery shopping, join some exercise group, etc.

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THE MENTAL HEALTH MAGAZINE

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