

Depression is a condition that is characterised by persistent low mood, low morale and self-esteem, low confidence, irritability, apathy, fatigue, loss of interest in hobbies/interests, social withdrawal, taking things personally, becoming defensive, cynical, suicidal ideation and can result in breakdown in relationships between friends, family, and colleagues as well as difficulties holding down a job due to frequent absences as well as the difficulties people with depression can have with their work colleagues. Depression can cause a person to lose everything if left unmanaged and the worst cases of depression can result in alcohol and drug addiction and suicide.

Many people are depressed and do not know they are depressed nor do those who witness their mood and behaviour every day if the person affected by depression has been so for a very long time. Some people have been depressed for as long as they can remember and have only ever been known by themselves as well as others as the depressed person that they are today. This results in both the person with the depression as well as their associates mistaking their symptoms of depression as being traits of personality as to both parties the depression is what they perceive as being normal for that person. This is especially the case when many people believe depression to be a condition where you have unexplained tearfulness meaning if there is no reporting of unexplained tearfulness then the person cannot be depressed.

Depression is therefore underdiagnosed and the vast majority of those who are diagnosed as depressed are on anti-depressant medication which have side effects as well as lose their effect with time and cause the depressed person to develop a dependency of prescribed medication.

Depression is like anxiety in that the best psychotherapist is found within the person affected by the depression. This is an observation that many psychologists claim and we at Cognitive Harness can introduce you to cognitive strategies that you can use to help you towards conquering your depression allowing you to put away the anti-depressant medication and become a self-reliant independent person which is a major criteria for one to satisfy in order for them to be described as being of good mental health.

Feel Free to contact Cognitive Harness on: 01436268576 for an initial consultation where a plan of action can be designed that would involve the teaching of such cognitive strategies as well as the monitoring of the usage of these by client for a set period of time i.e. alleviation of depression or at least client sees an improvement in depressive symptoms before being left alone to self- manage their depression.