

DEPRESSION IS NOT CONFIDENTIAL

Why has depression become confidential? You feel down and go through bouts of ups and downs until you become depressed. Once you realize that you are going through depression, you share this confidentially with someone your trust or you don't.

Before we look at statistics, please stop and consider talking about mental health with those around you. It helps you not to internalize and avoid reaching the breaking points. If you think about it, you can lead a stable life just by opening to others about your mental challenges. You will be surprised as to how many can relate to depression.

Depression is not an open topic as it is identified as a mental illness. Perhaps, you had an amazing upbringing, and you feel guilty for being depressed. Or you may be President in Corporate America and within you believe acknowledgment of depression is unacceptable and will have a negative effect on your career.

Did you know that recent research from Boston University School of Public Health reveals that the elevated rate of depression has persisted into 2021, and even worsened, climbing to 32.8 percent and affecting 1 in every 3 American adults.

And according to the World Health Organization, 322 million people worldwide suffer from depression.

If you stop and think of these numbers, these statistics do not support depression being confidential.

Depression now represents the main cause of disability throughout the world. The best thing you can do is not go it alone. Let someone in so you can voice what you are going through.

There are many simple options for you to consider. For example, the need to belong is great in fighting the symptoms of depression. Isolation is not healthy so stay connected with your tribe or begin a tribe. Outdoor walks are healthy. Did you know that walking has been proven effective in reducing anxiety and depression? In fact, there is further evidence that walking in nature improves those results even more. That's because different parts of our brain activate in nature.

There are options and more than anything, know that you are not alone in this. There are many who are depressed and trying to make it through even with hope that one morning they will awake, and it will all be okay. Share your story and you will be surprised how many around you are going through depression confidentially.