When it comes to situational depression, most interventions focus on the cognitive aspects of the problem. Changing your beliefs and negative interpretations leads to improved coping strategies.

Some researchers suggest that seasonal depression might be the results of varying amount of sunlight that we are exposed to, as the seasons change. However, remember that it is not objective reality that hurts us, but rather the way we interpret it.

Seasonal depression, or seasonal affective disorder (SAD), is most often associated with autumn and winter, when the days become shorter and we receive less sunlight. The condition subsides as the season comes to an end, but must be recurrent, over at least a few years, in order for seasonal depression to be diagnosed.

Major depression is often characterized by hypersomnia, or sleeping too much, as well as an increased appetite, which may lead to weight gain, heaviness in the limbs, difficulty in getting up in the morning, and a lack of energy to do daily activities. Atypical depression may become a vicious cycle, which is why it is crucial to seek immediate help and support.

Major depression is a chronic condition that affects millions of people worldwide. It is a constant state of worry, mixed in with self-doubt and a pessimistic attitude towards the future. However, this time of depression is highly preventable and treatable.

People who experience this type of depression may fall into an abyss of pain and suffering. But depression does not feel or manifest in the same way for everyone. Some may experience severe forms of depression, while others may still be able to function almost normally, while depressed. Whatever the case may be, the main purpose of our guide is to provide answers that can be applied to each type of depression.

Recent statistical revisions suggest that almost 350 million people around the world suffer from depression. Based on this number, we could argue that depression is one of the most common mood disorders. It's usually the result of an extremely stressful life-event, or a series of events, that leads to an emotional crisis. In such extreme cases, help usually comes from friends and family members. They are the ones who make the calls and arrange meetings with specialists.

Herculean tasks. Perhaps the worst of all is how difficult it is to gather energy, in order to seek help and support. It's all about personal reactions and subjective opinions. Some of us are completely devastated after a breakup, while others choose to see the positive and engage in their daily tasks.

Four types of depression are the major types of mood disorders that are clinically recognized:

- **Atypical Depression**
- **Major Depression**
- **Postpartum Depression**
- **Seasonal Depression**

### Common Types of Depression

- **Situational Depression**
- **Adjustment Disorder**
- **Atypical Depression**
- **Major Depression**
- **Postpartum Depression**
- **Seasonal Depression**

### Why Does It Occur?

- **Daily Difficulties**
- **The Need for Natural Light**
- **Focus on Your Perceptions**
- **Seeking Help**

Even if you already have postpartum depression, it is important to understand that you can take care of your newborn child or that you will not connect with the baby, the way a mother normally does. Many women, who experience postpartum depression, may be afraid they won't be able to take care of their newborn child.

As a future parent, you just have to openly discuss these issues before having a child and make sure that you can offer the best care possible. If you have already given birth and you are struggling to bond with your baby, you should visit your health provider and ask for help. It is very important to understand that, by no means, this depression is a sign of weakness or laziness.

It's all about personal reactions and subjective opinions. Some of us are completely devastated after a breakup, while others choose to see the positive and engage in their daily tasks. Perhaps the worst of all is how difficult it is to gather energy, in order to seek help and support.