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## How to Beat Depression

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Depression is a serious condition that won't disappear on its own - you need to put in systematic effort, in order to cope with the condition. Luckily, you can overcome depression and live a full life again, but it takes some efforts.

Although depression is characterized by certain common symptoms, everyone experiences it differently. Still, at the very beginning, it is important to understand how people usually feel when depressed, as well as what causes this mood disorder to occur.

Depression is not just one type - it comes in several forms. Since nobody is immune to becoming depressed, it is important to understand what the most common types of depression are, so that you can easily recognize them, if need be. If you think that you might be depressed, a good way to learn more would be to evaluate your symptoms.

The banner features the Explorable logo and the text "EXPLORABLE Quiz Time!". Below this are three quiz cards:

- Quiz: Psychology 101 Part 2 (Image: Red roller skates on a wooden deck)
- Quiz: Psychology 101 Part 2 (Image: A fan of colorful pencils)
- Quiz: Flags in Europe (Image: A Ferris wheel at sunset)

[See all quizzes =>](#)

## Learn the Ropes

One of the first things you need to understand about depression, is that it is different from regular sadness [1]. Furthermore, depression does not limit itself to your mental functioning, it has plenty of behavioral aspects [2] as well. Knowing how terrible depression makes you feel, it may be hard to believe that in some ways, it can also have benefits. [3]

Once you have learned about the most essential components of depression, you can start

setting goals for improvement [4]. The first task before you, is to create an activity list [5] and start engaging in healthy coping mechanisms.

## Time to Start Coping!

Depression is a vicious cycle [6], which you need to break, in order to become free, productive and happy. That is easier said than done, since this mood disorder has certain tricks to keep you in its trap [7]. However, a psychotherapy technique, called the ABC model [8] is a great way to facilitate your battle with depression. You can then start to substitute negative, self-defeating thoughts, [9] with more positive and realistic statements.

Since depression can be so emotionally exhausting, it is empowering to learn how to calm your mind [10]. On the other hand, you can use your body as a depression-fighting tool, by engaging in physical activity. [11]

## How to Sustain Your Progress

Depression makes it hard to appreciate yourself, and so it is important to celebrate all that you have achieved. [12] This will help you improve your self-perception and will lay the groundwork for improving your interactions [13] with others.

You are now ready to start transforming yourself from a negative, depressed individual, into a goal-oriented optimist. [14] Although that is not a simple task, mental imagery [15] can be a wonderful tool to speed the process along.

Now that you have learned and achieved so much, you can go back and evaluate your symptoms [16], once again, to pinpoint your strongest suits, as well as some areas for improvement.

## For Better Results

You can create a positive influence on both your mind and body, by engaging in walking meditation [17]. An even better way to boost the results, which you have already achieved, is by spending time with animals [18]. Not only is their presence calming, but it can also serve as a preventative measure, for some mental health issues.

Treating your depression cannot be isolated to therapeutic techniques. It also needs to involve healthy lifestyle changes. [19]

If you are here because you'd like to help someone who is struggling with depression [20], remember that you and your loved one are stronger than the depression, when you are united.

## Becoming An Expert

If you'd like to become an expert in dealing with your own depression, there are still some things you need to learn about, including some important misconceptions [21]. As you now know, depression has both mental and physical effects [22] - having the ability to identify the

latter is a tool like no other.

What you might not know, is that children can also become depressed.<sup>[23]</sup> Being aware and watchful of the symptoms, can help you child avoid lifelong repercussions.

A difficult work situation<sup>[24]</sup>, as well as the impact depression has on romantic relationships<sup>[25]</sup>, should also be considered, in order to ensure that you have a more complete understanding of your circumstances.

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**Source URL:** <https://explorable.com/e/how-to-beat-depression?gid=21950>

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