



Why Are You Depressed?

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled "All Psyched Up" for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of "Life is An Adventure...every step of the way" and "Open for Business Success" is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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Statistics claim that as many as forty percent of Canadians will experience depression at some time in their life. This would likely be very hard to measure and might not actually account for the different types of depression that individuals can experience.

For example, some depression is temporary and can pass with time. You might be depressed about an examination you wrote only to find that you actually got a good mark which then greatly lifts your mood.

Grief can bring different reactions from different people. One person may be devastated by the loss of a pet while another person views this as something that would be expected for an animal with a shorter life span than humans.

Many people have stated that it was much easier to lose a loved relative who had lived into his/her nineties than a young child who had their whole life ahead of them.

Chemical depression, however, is not something that one "gets over" quickly and can, in fact, take a toll not only on the individual who suffers from it but also the family and friends who feel helpless and don't know what to do to improve the situation.

Some theorists believe that anger turned inward becomes depression.

A while ago, I had been struggling in my attempts to figure out exactly what was slowing progress with a client. After about the third session, I asked "Is there anything that you are angry about that might be a factor in your depression?"

The client immediately began telling me about a situation that had been festering in her mind for several years. She was so angry about how her husband's employer had required him to be on a project while she was pregnant, on her own and without supports. While he was absent because of the employment demands, she felt full responsibility for their small child. She felt that no one understood how abandoned and helpless she was at that time.

Because the client had not shared these resentments with anyone other than her partner who could really do nothing about this after it occurred, the client allowed the anger to fester into a depression.

I will never forget how relieved I felt to have gained some understanding that day. And the client, before leaving my office, indicated that telling me had also brought her some relief also.

There are many different theories about depression but, in this case, it truly was anger turned inward that was the cause of illness. Because the client was used to being "nice" and not asking others to help meet her needs, she had become so extremely vulnerable. She tried to bottle up the anger but ended up becoming depressed.

Are you angry with someone or something that is causing or fueling depression in you? Would you find it helpful to talk with someone about the situation?

Clinical psychologists are trained and experienced in helping individuals with mental health problems.

The first step to dealing with your depression is to book an appointment with someone who can help.