

# KEEP IT PUSHING




My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



**November is:**

- Native American Heritage Month
- Diabetes Awareness Month
- Epilepsy Awareness Month
- National Homeless Youth Awareness Month

## Awareness Spotlight: Depression



Happy November. Tis' the season of thankfulness and we are thankful for you. This month I will revisit a subject that I've written about previously but from a different perspective. Usually I give a definition, a little history, and treatment but this time I'm going to go more in depth to the mental, emotional, and physical effects of depression. In case you are unfamiliar with what depression is, its characterized as a common yet serious mental and emotional disorder with physical manifestation that negatively effect how a person feels, thinks and acts. There are 5 levels of depression: 1. Major depressive disorder 2. Persistent depressive disorder 3. Perinatal depression 4. Seasonal affective disorder and 5. Depression with symptoms of psychosis. Another key to depression is something called the 10 hits of depression which is pretty much an explanation of possible core sources to a person's depression: 1. Genetics 2. Developmental Issues 3. Lifestyle 4. Circadian Rhythm 5. Addiction 6. Nutrition 7. Toxins ...

## Organizations for the Betterment of Mental Health

8. Socially complicated grief  
 9. Medical conditions  
 and 10. Abnormal frontal lobe. Some of the symptoms of depression include irritable moods, lack of appetite, sadness, sleep issues on both sides of the spectrum in terms of excessive sleep or lack of ability to sleep, anxiety, just to a few. It can manifest in any configuration and with differing durations depending on what stage of depression a person is in. . There are times where depression can be treated through antidepressants, serotonin therapy (ssri's) and talk therapy or a combination of all. Those dealing with more severe forms of depression may elect to try electroconvulsive therapy nevertheless recovery is hard but possible. The most important thing, in my opinion, is to recognize the signs before they get to the apex of severity. Early intervention increases chances of recovery. Life can get quite rough especially around the holidays so I hope this deeper dive into depression was informative and helpful. Wishing you joy this holiday season, this is Gilbert J. reminding you to keep it pushing!