

Depression In Men



Depression can be a one-off problem or a recurring issue in your life.

Either way, it's a downer when depression hits and it's not always immediately obvious to other people that you're suffering. Especially as men have been trained over the years to hide their feelings, so there can be a worry that depression is a sign of weakness.

So, is it possible to beat your depression? Or are you doomed to forever be like Marvin in the Hitchhikers Guide to the Galaxy?

Fortunately, there are ways to overcome depression in men.

- Get some exercise. This will release the body's own "feel good" chemicals called endorphins and will help you feel good about yourself.
- Get a good night's sleep. If your depression is interfering with your sleep patterns then a good sleep program will help. Do your best to avoid sleeping pills and cut down on the alcohol - that night cap doesn't actually help you sleep.
- Cut the negatives out of your life as much as possible. Start by cutting out television news. Do something productive with that time instead!
- Learn to relax. The stresses built in to our modern lives mean we often forget to relax, which just winds us up further.
- Spend some quality time with yourself. But not to wallow in your sorrows! Re-visit a hobby or take up a new one. Learn to enjoy your environment - start noticing the world around you again.
- Consider meditation. It's easy to do with today's modern meditation techniques and it will also help you relax.
- Talk to friends. Don't bottle up your feelings (but don't bore everyone with them either). Take the time to talk things over with a close friend or use a service like the Samaritans. Often talking through what you're going through will work as a natural release.
- Eat properly. Cut down on the junk food. Drink lots of water. Reduce your caffeine intake, especially close to bed time