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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Stress And Depression Are Connected**

**By Sylvia Jameson**

Unlike their parents before them, baby boomers are well-known for their desire to "have it all." For the most part, they have succeeded in fulfilling that desire, but at what cost? In their pursuit for material wealth, striving for success and raising healthy and well-balanced children, stress has become a major factor in their life. As a result, many have been diagnosed with major depression.

More frequently than not, major depression often goes undiagnosed and thus untreated. Studies have shown that adults who committed suicide had visited their doctor just before taking their lives; twenty percent had seen their physician on the very same day; 40 percent within the same week; and 70 percent had seen their physician in the previous month.

Seek help from your primary care physician first. Be honest with your doctor. It is vital that your physician know the extent of your depression. Remember, you're not alone. Others suffer from debilitating depression as well. The social stigma once attached to mental illness is gone for the most part, particularly when it comes to depression. If the doctor asks if you have considered harming yourself or others, don't be afraid to admit that you have. Your honesty in this area is the first step towards treatment and can save your life.

Most physicians will recommend medication which will increase the brain's serotonin and norepinephrine. The medication will allow nerve cells in the brain to communicate with each other. There are numerous medications available to treat depression. One of the most common is Prozac. Prozac is said to have fewer side effects than many other medications. Although affective, some medications work better for some than for others. Keep in contact with your physician and let him know if the medication is helping or not. He will help you find the one that's most affective for you.

If suffering from major depression, medication may not be enough. Your physician will recommend psychotherapy as a means to learn the initial cause of your depression. Cramming one more thing into a baby boomer's busy life may cause them to cringe. So they might be tempted to rely solely on the medication. But the positive outcome of therapy should not be underestimated. More likely than not, a stressful lifestyle has caused your depression. The therapist can teach you how to relax, assist you in prioritizing, help you with breathing techniques and assist you in focusing on personal reasons behind

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your depression. Some patients have improved within six to eight weeks. It may take longer for those who have experienced some extreme trauma in their life.

Don't suffer in silence. You have choices. Recognize that you have a problem and seek help. Don't let depression prevent you from enjoying the lifestyle you've worked so hard to attain.

Sylvia Jameson is a staff writer at

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### **Anxius – Natural Antidepressant**

**By Ratliff J**

#### **Anxius – Natural Antidepressant by Ratliff J**

Anxius™ is a revolutionary, natural antidepressant used by people just like you to treat depression, anxiety and stress.

Reliable & Medically Approved with No Side Effects! Anxius™ Really Works!

We Guarantee Results or Your Money Back!

Do you suffer from depression, anxiety or chronic stress? Well, you're not alone.

Welcome to the great epidemic of the 21st century. Mood problems such as depression, anxiety & chronic stress have more than tripled since 1990, and they continue to rise at an alarming rate.

#### Common Mood Disorder Symptoms

Do you require too much sleep or find it extremely difficult to drag yourself out of bed?

Do you find yourself unable to focus or concentrate?

Do you experience loss of emotions and feelings?

Do you lack motivation and energy?

Is your stress chronic and relentless?

Do you suffer from panic attacks?

Are you easily rattled, irritated and rendered ineffectual?

Do you avoid intimacy or confrontation?

Learn more about

Anxius

J. Ratliff is an avid health article writer.



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