

# Royal Throne Depression



January 2016

## What is Depression?

Everyone occasionally feels blue or sad. But these feelings are usually short-lived and pass within a couple of days. When you have depression, it interferes with daily life and causes pain for both you and those who care about you. Depression is a common but serious illness. Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. Medications, psychotherapies, and other methods can effectively treat people with depression.

## What are the different forms of depression?

**MAJOR DEPRESSION**—Severe symptoms that interfere with your ability to work, sleep, study, eat, and enjoy life. An episode can occur only once in a person’s lifetime, but more often, a person has several episodes.

**Depression is a common but serious illness. Most who experience depression need treatment to get better.**

**PERSISTANT DEPRESSIVE DISORDER**—depressed mood that lasts for at least 2 years. A person diagnosed with persistent depressive disorder may have episodes of major depression along with periods of less severe symptoms, but symptoms must last for 2 years.

Some forms of depression are slightly different, or they may develop under unique circumstances. They include:

- **PSYCHOTIC DEPRESSION**, which occurs when a person has severe depression plus some form of psychosis, such as having disturbing false beliefs or a break with reality (delusions), or hearing or seeing upsetting things that others cannot hear or see (hallucinations).

- **POSTPARTUM DEPRESSION**, which is much more serious than the “baby blues” that many women experience after giving birth, when hormonal and physical changes and the new responsibility of caring for a newborn can be overwhelming.

- **SEASONAL AFFECTIVE DISORDER (SAD)**, which is characterized by the onset of depression during the winter months, when there is less natural sunlight. The depression generally lifts during spring and summer.

**BIPOLAR DISORDER**—also called manic-depressive illness, is not as common as major depression or persistent depressive disorder. Bipolar disorder is characterized by cycling mood changes—from extreme highs (e.g., mania) to extreme lows (e.g., depression). *- National Institute of Mental Health*

## What is an “app”?

A cell phone app, sometimes called a mobile app, is any cell phone *application*, particularly those that are directly purchased and installed by phone users. These are smartphone add-ons that perform functions other than making a phone call, ranging from games to medical monitoring. The term “app” can be used to refer to any application for any device, but when used alone, it most commonly refers to software downloaded onto cell phones. *—www.wisegeek.org*

✓ **Check out these “apps”:** *-Top5.cnet.com*

## Top 5 apps to keep you New Year’s Resolutions

- 1. My Fitness Pal:** Eat Healthier/Exercise
- 2. Mint Bills:** Budget Smarter
- 3. Evernote:** Get organized
- 4. Pocket:** Read More
- 5. Coach.me:** Be the Best You

News Years Resolution Statistics	Data
Percent of Americans who <b>usually</b> make New Year’s Resolutions	45%
Percent of Americans who <b>infrequently</b> make New Year’s Resolutions	17%
Percent of Americans who <b>absolutely never</b> make New Year’s Resolutions	38%
Percent of people who are successful in achieving their resolution	8%
Percent who have infrequent success	49%
Percent who never succeed and fail on their resolution each year	24%
People who explicitly make resolutions are 10 times more likely to attain their goals than people who don’t explicitly make resolutions	
Type of Resolutions (Percent above 100% because of multiple resolutions)	Data
Self Improvement or education related resolutions	47%
Weight related resolutions	38%
Money related resolutions	34%
Relationship related resolutions	31%
Age Success Rates	Data
Percent of people in their twenties who achieve their resolution each year	39%
Percent of people over 50 who achieve their resolution each year	14%
Length of Resolutions	Data
Resolution maintained through first week	75%
Past two weeks	71%
Past one month	64%
Past six months	46%
<a href="http://www.statisticbrain.com/new-years-resolution-statistics/">http://www.statisticbrain.com/new-years-resolution-statistics/</a>	

**EAT well MOVE daily HYDRATE often SLEEP lots LOVE your body REPEAT FOR LIFE** *-Pinterest*