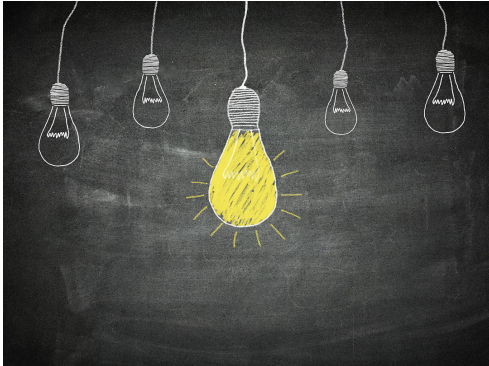




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## Depression... What Is It, And 5 Reasons Why It's Useful

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Have you ever wondered what depression is? We hear the word spoken so much these days, but is someone really depressed, or are they sad instead? In psychological terms, depression interferes significantly with everyday functioning – such as not being able to go to work, not being able to go out socially, or losing interest in things you previously found pleasurable. Depression, whilst it can include feelings of sadness, also can affect your self-esteem, your concentration, your motivation and energy, your appetite, and your sleep. And depression doesn't always have a specific event that triggers it. In contrast, sadness, or even intense sadness, is a feeling of low mood that is a **normal** response to difficult life events or circumstances. Sadness often passes in a short period of time.

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If you are suffering from depression, you're not alone. Statistically, one in seven Australians are diagnosed with depression. And while we often hear the negative side of depression, we can overlook the usefulness of depression (in the right amount, of course). Read on for 5 reasons why depression can be useful.

Depression makes us turn inward, and in turn it can drive us to think often and deeply about our problems. Constant thoughts about the same thing is called 'rumination'.

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1. Rumination allows us to be **highly analytical**. Thinking can allow us to dwell on a complex problem and break it down into smaller components. These smaller parts are less overwhelming, and can then be dealt with one at a time.
2. Rumination has been shown to be **productive**. Thinking helps us to concentrate on a problem, shutting out other previously enjoyable activities while we solve the problem (such as social engagements, appetite, sleep, and sex).
3. Rumination often leads to **insights** into our problems. Thinking can help us to go over our past and learn from previous situations or mistakes we've made.
4. Depression makes us more aware and attentive, and as such negative moods can lead to **better decision making** in complex situations.
5. Depression can be a way of **eliciting assistance** from people in our lives that we love.

However, if you're finding that your depressive symptoms are making it difficult to perform everyday activities, concentrate at work, isolate you socially, that you're lethargic, and you've lost pleasure in activities you used to find pleasurable, then seeking professional assistance could be useful.

If you would like help with your thoughts, feelings or behaviours, please contact us on 0488 954 195, [amanda@awakenpsychology.com.au](mailto:amanda@awakenpsychology.com.au) or [click here](#)

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