

Anxiety And Depression

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How's the old happy meter looking these days? Is your level of bliss up to par? Don't laugh; this is a legitimate question considering all the drama in recent years. It's almost like people need loads of catalysts to stir a little happiness. So many individuals suffer from anxiety and depression for reasons they may not even know. I take a gander at our youth and wonder what happened. How can so many teens suffer from bouts of anxiety and depression? I don't recall experiencing this affliction as a child or teenager. Regardless of the influence or cause, anxiety and depression are dilemmas that must be dealt with.

Do you know someone who suffers from anxiety and depression? This is no laughing matter; nor is it anything to be ashamed of. However, it is a problem that should be dealt with accordingly. I must admit that I am shocked at all the anxiety and depression troubling teenagers in this modern world. What do they have to be down about? Well, this is of course considering they have a decent home life and the necessities. I can remember back when I was a child and it was playtime 24/7. I didn't need anyone but me and my imagination. The sky was the limit for fun and excitement. Even when I was a teenager, I had a blast entertaining myself with things I enjoyed doing. I tried to do some book design to keep myself busy. These days the concept of good old-fashioned fun seems to have gone to the birds. Children across the country suffer from anxiety and depression. And some of these juveniles have no cause for their torment and melancholy. Is it possibly the media warping their young minds? One must admit it's a tad difficult to fathom why some one with their entire life ahead of them, and hardly any work to do would be down. Fortunately there are positive ways to deal with anxiety and depression. One of the more popular routes is counseling. Therefore if you know someone suffering from anxiety and depression, it's imperative that you lend a helping hand. Many of these individuals will not acquire help on their own. A better way to understanding anxiety and depression is via the Internet. There are a variety of websites and help sites online that can further educate you on the effects and symptoms of anxiety and depression. Sleeping too much, avoiding others, staying inside, lack of motivation and failing to eat are all signs of anxiety and depression. If this sounds familiar, get help today.