

This Week's Message: Depression

By Ellie Lingner

Depression: n. 1. a depressed part or place; a hollow or low place on a surface 2. low spirits; gloominess; dejection; sadness 3. a decrease in force, activity, amount, etc.

Statistics about the extent of depression among young people are astounding and frightening. And that's even before you hit the job search and the workplace, the spouse and the rotten boss.

Depression is a very real disease that can manifest itself in a variety of ways. You may feel sad and not understand why or be able to shake it. You may find yourself behaving badly and feel out of control. Or you may feel completely disabled, unable to function, as though you've been hit by a truck.

A friend of mine described her own depression as the feeling that someone had come along with a huge straw and sucked all color from her life, suddenly everything was gray. Nothing tasted good, felt good or looked good. The pain of the depression was so bad, she said, that she didn't care about anything else. Someone else described depression as falling into a black hole from which there was no way out.

Depression may come on so slowly that you barely notice it or dismiss it for a long time. Or it may hit you suddenly and violently. It's hard to understand and harder to handle on your own.

If you or someone you know talks about depression or shows any signs, help is as close as the campus medical office. Don't hesitate to take advantage of it. Depression can be treated by talk therapy and medication, but both require professional help.

Don't suffer in silence. Don't depend on your own strength or willpower. Depression can be devastating, but it can be treated. Don't think you can handle it alone and don't be too proud to seek help.

Week's Quotes

"Geez, if I could get through to you, kiddo, that depression is not sobbing and crying and giving vent, it is plain and simple reduction of feeling. Reduction, see? Of all feeling." *Said by psychiatrist Berger to Conrad Jarrett, in Ordinary People (1976).*

"I am in that temper that if I were under water I would scarcely kick to come to the top." *John Keats (1795-1821), English poet.*

"It is impossible to feel grateful and depressed in the same moment."
Naomi Williams

"Painful as it may be, a significant emotional event can be the catalyst for choosing a direction that serves us--and those around us--more effectively. Look for the learning."

Eric Allenbaugh

"Adversity and loss make a man wise."

Welsh proverb

"The miserable have no other medicine

But only hope."

William Shakespeare (Measure for Measure)

"Although the world is full of suffering, it is also full of the overcoming of it."

Helen Keller