



## Top 10 NLO|Depression Articles of 2015

by NEWLIFEOUTLOOK TEAM

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### **10. How to Cope With Depression and Sensitivity**

Since people with depression have low self-esteem, they are often more sensitive than other people to perceived criticisms. Counselor Eric Patterson discusses how to build self-esteem and therefore manage sensitivity.

### **9. Depression and Personality Disorders**

"I am diagnosed with borderline personality disorder, but this diagnosis didn't happen until after I was told I had depression," writes Nikki.

### **8. 9 Alternative Depression Treatments to Try**

Antidepressants aren't for everyone, and it's important to know what treatment options are available. Consider these 9 alternative depression treatments.

### **7. The Ins and Outs of Taking Antidepressants**

Although there is no cure for depression, there are ways to manage the symptoms and taking antidepressants is often one of the first steps.

### **6. Depression and Seasonal Affective Disorder**

Seasonal affective disorder can strike when days get darker and colder. This is more severe and difficult to ignore than just "winter blues."

### **5. The Benefits of Pet Therapy for Depression Treatment**

On days when it seems impossible to get yourself out of bed or find the push to get moving, a pet can provide

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some much needed motivation to start your day.

#### **4. What Not to Say to Someone Living With Depression**

Fighting the stigma surrounding mental health problems should play an important role in society. Here are some things you shouldn't say to someone with depression.

#### **3. Depression and Fatigue**

Depression and fatigue go hand-in-hand as fatigue is a common symptom of depression and can make you feel worse if you don't find a way to tackle the issue.

#### **2. Dating Someone with Depression**

Dating someone with depression may not always be easy, but having a partner who is supportive and understanding can be a huge help in your healing.

#### **1. Understanding the Link Between Stress and Depression**

Stress and depression are linked in a number of ways, and learning how to manage your stress can help you to better control your depression. Find out why.