Top 10 NLO|Depression Articles of 2015

by NEWLIFEOUTLOOK TEAM

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

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.