8 Lessons I Learned From My Depression

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Learning From Depression

I have been battling my depression symptoms ever since I was in 8th grade. After my diagnosis, I was very scared. I had an idea of what depression was from movies and television shows but it always had a negative stigma attached to it. When I saw someone on television suffering from depression, they were always shown as weak, dangerous, or not able to function in society.

I have been struggling with these stigmas for many years and I have learned a lot about myself and my diagnosis along the way. Having depression has taught me a lot of lessons along this journey and I am excited to share them with you today.

When Someone Tells You That You Can't Do Something, Prove Them Wrong

I cannot tell you how many times my family and friends have told me that I cannot do something. It's even worse when I tell myself that I cannot do something because of my depression.

It starts to get in your head after a while and that is not healthy. It took me years to understand that those words were just background noise. I can do anything I put my mind to if I work hard and am determined.

Friends Come and Go

I know it hurts but the reality of life is that no one is going to stay forever. People change, we change, and sometimes our paths don't go in the same direction. With that being said, don't be afraid to let people into your life. Don't isolate yourself from the rest of the world. Let someone in and create a new bond with them. This might take time but it is worth it!

Be Open to Ideas

There have been times in my treatment where I was stubborn and did not want to move forward. Either I was nervous about taking the doctor's advice about going on medication or I was scared to try and go to a support group. Once I finally let my guard down I learned to be open to ideas on how to treat my illness and I have learned a lot along the way!

I Love Support Groups

I was against support groups a few years ago but now I cannot tell you how much I love being in one. Yes, support groups are not for everyone but for me it was a perfect fit. I love hearing other's experiences with depression and how they are able to cope with it. I love to hear what worked for them and what didn't. I also love how you build a support system within the group that can help motivate you toward your recovery goals.

You Are Stronger Than You Think You Are

Depression sometimes makes us feel like we are weak or less of a person because of these emotions that we are experiencing. If you haven't heard this before let me be the first to tell you: you are STRONG!

There have been a lot of things in your life that have been hard or challenging but here you are getting through it all regardless of your diagnosis. You have gotten through 100 percent of your darkest days so far and you are incredibly strong because of it.

It's Okay to Not Be Okay

Depression is a natural emotion that humans feel when something stressful is going on in their environment. It took me years to understand that the emotions that I was feeling were completely normal. Just like any other emotion, it will pass with time.

I also learned that it is okay to feel these emotions. There is nothing "wrong" with me because I have these symptoms. Depression is an illness that needs to be treated and there is no shame in reaching out for help.

Expressing Creativity Really Helps

I don't know where I would be today without having a way to express my emotions in a healthy way. Some of the ways I like to express myself are through:

- Drawing, painting, and DIY projects.
- Playing and listening to music.
- Creating films or videos about my struggles.
- Writing in my journal.
- Reading and writing poetry.

If there is something that you are passionate about, DO IT! Having that joy in your life really does elevate your spirits.

You Are Not Alone

When I am in my lowest points I feel like no one cares about me and that I am incredibly alone but that is the farthest thing from the truth. Because of my depression, I have come to find people that truly care; doctors, therapists, friends, and family have stuck by me through this journey. I am entirely grateful for them.

Sometimes it does seem like we are lonely in life. That is just your depression talking! There are people out there who care about you. You just need to look around and be mindful about those people.

There are many lessons I have learned throughout this experience but these 8 are the most prominent in my life right now. What are some things you have learned about yourself because you have had depression? I would love to know in the comments down below!