Are you struggling with depression?

Beware of habits that hinder you from overcoming depression

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Depression is a serious matter. It could even be fatal. Nutritionally speaking, depression can affect one's appetite, the way food is digested, and how nutrients are absorbed. Whether a depressed person eats a lot or eats very little will harm the mind and body. When there is little or no nourishment, organs are affected and damaged.



Here are some habits that may seemingly appear to be innocuous, but left uncontrolled, they can be damaging to your mental and emotional wellbeing.

Social media use

The use of social media has its benefits. Maladaptive patterns of use, however, can contribute to the dysregulation of mood and may aggravate depression. For example, if a person is already experiencing a diminished sense of selfworth, looking for validation in social media will not be helpful. Instead, it makes one more vulnerable to highly idealized representations of perfect lives. This will lead to distorted beliefs and negative emotions such as envy or bitterness, and the like.

Doom scrolling on social media may give you a temporary increase in happy hormones. This can get addicting. Instead of learning healthy ways to cope and produce mood-regulating hormones, you would want to get that instant feeling of gratification from social media content. This is like getting a sugar high from chocolate when one is emotionally eating.

Binge-watching

Binge-watching can serve as a form of escapism. An easy way to avoid reality and negative emotions. Therefore, it decreases the chances of learning and adapting healthy coping mechanisms. Watching shows as a form of entertainment is good. However, we should never equate entertainment with relaxation. These are two different things. A person suffering from depression may need some form of entertainment, but would require more time for relaxation. Relaxing does not involve activities that heightens emotions in a negative way. It should not contribute to irregular sleep patterns as well as isolation.

If you are feeling depressed and have been heavily using social media or binge-watching shows, it is time to reflect on how much these habits are affecting your mental health.

All of these are present when watching shows becomes problematic, resulting in binge-watching. Thus, it affects productivity, mood, and relationships.

Relaxation involves activities that promote the activation of one's parasympathetic nervous system or the rest and digest response instead of the fight or flight response. This is where art, music, spirituality, exercise, meditation, being surrounded by nature, mindful breathing, and spending time with people you love will be most helpful.

Individuals who depend on using media to cope with depression may find it challenging to stop. Lack of self-regulation and media addiction aggravate depression. It may even cause feelings of guilt to arise, which can prompt one to engage in social media or bingewatching in a never-ending cycle.

If you are feeling depressed and have been heavily using social media or binge-watching shows, it is time to reflect on how much these habits are affecting your mental health. If you can't go cold turkey, it is time to decide to significantly reduce the time and effort you spend on these activities and try to find ways to cope with negative emotions in a productive and positive way. It is also best to consult a psychologist or a psychiatrist for proper assessment and guidance. Chances are, you would need someone to help you find your way out of depression. When it comes to your health, don't take chances. Let a professional take care of you.

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