Local Rehab Gives Exclusive on Signs of Depression

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Tampa, FL ? Clean Recovery Centers is a local rehab that recently published an article highlighting the signs of depression. Their program features a unique, three-phase approach to both substance use disorder and mental health treatment.

?Depression affects many throughout the entire world, taking away focus and desire to accomplish tasks. It is common for depression to set in during the late teens and early 20s, but it can occur at any stage of life. In the beginning, depression may feel like a sense of sadness or fatigue that comes out of nowhere. It is not the same as grief or feeling sad ? depression does not have a formal cause. These feelings can last for weeks, being intermittent or present at all times. To be formally diagnosed with depression, symptoms must last for at least 2 weeks,? the article states.

A key characteristic of depression is feeling a loss of hope for life and the future. Days can seem bleak and run together, making it difficult to accomplish daily tasks. Some days it may feel impossible to get out of bed. The future can feel daunting and overwhelming and at the same time dreary and pointless.

Depression can cause a loss of interest in hobbies and activities that were once enjoyed. This can be temporary or permanent as untreated depression can change the brain over time. Anhedonia is a loss of the

ability to feel pleasure or joy and is a common side effect of depression. Participating in a hobby or activity doesn?t produce the same feelings of enjoyment, causing the person to lose interest in what they used to like doing. The person may have a desire for the activity, but it ends up being met with no feelings of happiness.

Depression can also affect the body physically. The desire to have sex ? known as libido ? can dwindle from depression. When not depressed, the brain and body respond to desire by releasing chemicals. Depression interferes with these chemicals, creating a lack of balance. This decreases the desire for sex, putting strain on intimate relationships. The ability to have an orgasm is also diminished. In males, depression can cause erectile dysfunction.

?When we are not feeling our best emotionally, physical aches and pains can manifest. Muscle and joint pain are common in depression and can increase fatigue. Even small tasks can take all of the person?s energy and feel like running a marathon. Sleep patterns are also affected, sometimes sleeping too much or too little. Emotional regulation is not happening properly, resulting in interrupted sleep. Combined with appetite changes, fatigue, and sleep patterns can change negatively and cause depression to become worse,? the article continues.

Depression causes emotions to go haywire, and thoughts of suicide, self-harm, and making a plan are all forms of emergency and should be treated as such. If someone is expressing any of these thoughts or actions, seek medical help. Even if the person is not acting on their thoughts, seeking help can aid in treating their depression.

Clean Recovery Centers has been helping Floridians find hope and recovery for years. Their dedicated team works with each client individually, ensuring they receive the proper care for depression, substance use, and any other mental health concerns. Housing is also offered at each location, relieving the burden for those who don?t have a place to stay. Once treatment is complete, clients are welcomed into the vibrant alumni group, which hosts events often.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers - Tampa

At Clean Recovery Centers, we are committed to helping you transition from your old life of addiction into a new life of sober living. Our treatment plans help you identify and build on your strengths to create a lasting and healthy change.

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