Rehab Inquires into High-Functioning Depression

December 26, 2024

SARASOTA, FL - December 26, 2024 -
Sarasota, FL ? Clean Recovery Centers is a local rehab that recently released a blog post inquiring into high-functioning depression. Their unique three-phase approach specializes in treating mental health conditions, substance use disorders, and co-occurring conditions.

?Depression is a mood disorder characterized by feelings of hopelessness, shame, and emptiness. It can vary from person to person in severity and the symptoms they experience. High-functioning depression is not a medical term, but it describes someone who has depression but still maintains a stable life. The symptoms are present but do not interfere with day-to-day activities.

High-functioning depression is often associated with persistent depressive disorder. Having formally been diagnosed as dysthymia or dysthymic disorder, this is a mild to moderate form of depression compared to the more severe forms. Symptoms last for most of the day and for most days, though there may be days when the person does not feel affected. It is still chronic as symptoms must last for at least two years to meet the diagnostic criteria. All depression is life-long, but there are techniques to manage different types,? the blog states.

Severe depression is medically known as major depressive disorder (MDD). It shares similarities with

high-functioning depression as it produces similar symptoms. However, the key difference is their functionality. Those with major depression will have a difficult time completing tasks, including what most would say are easy. They do not have the energy or concentration to clean the house, go to work every day, or even pay bills on time. With high-functioning depression, the person can have these tasks accomplished. Behind the scenes, it will take most if not all of their effort to keep these things going. The dishes will get done, but the energy it takes is more than that of someone without depression.

Depression can develop at any age and can affect anyone. Whether depression is high-functioning or major depends on the person and their circumstances. Risk factors for depression include having a family member with a mental health condition, having a difficult time responding to stress, experiencing a traumatic event such as abuse, neglect, or loss, taking substances, especially depressants such as alcohol or opioids, and having other mental health conditions.

?Because high-functioning depression results in productivity, it can be more difficult to spot in a loved one or even yourself. One sign to watch for is subtle hints. Depression can cause guilty feelings, especially when not accomplishing goals and tasks. The person may be more down or disappointed with the amount of work that was accomplished in the day, even if it was a lot.

Another sign is taking substances or increasing the amount of substances they already take. Unmanaged depression ? even high-functioning ? causes feelings of emptiness and worthlessness. Some will take substances or increase alcohol intake as a way to cope, hoping to fill the void to feel better. However, this results in worsening depression and can reduce the amount of functioning the person has.

A difficult symptom to recognize in high-functioning depression is masking. The person does not want family and friends to worry, so they figuratively ?put on a mask? in front of others. They give off a happy, well-adjusted social persona when in reality, they are falling apart on the inside,? the blog continues.

Loved ones wanting to help with high-functioning depression are encouraged to check in with the person. Casting assumptions can be harmful and create stigma, decreasing the person's likelihood of communicating. Prioritize personal needs while helping the person to ensure both mental states stay healthy.

Clean Recovery Centers has an expert team offering treatment options for depression and other mental health conditions. They understand that substance use can occur because of depression and vice versa, which is why their compassionate professionals are experts in treating both simultaneously. They also add wellness such as nutrition counseling into their well-rounded program.

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

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For more information about Clean Recovery Centers - Sarasota, contact the company here:Clean Recovery Centers - SarasotaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com6000 Deacon PlSarasota FL 34238

Clean Recovery Centers - Sarasota

In Sarasota, we specialize in phase two of the Clean Recovery Centers? three-phase treatment. Co-occurring mental health conditions are common for those with substance use disorder. In this phase, called action,

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