

Stress and Depression: An Assessment and Guidelines

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Abstract: Stress cause hormone changes specially Adrenalin and other hormones and could be the cause for dangerous diseases such as cerebral apoplexy, heart attack, blood pressure, bone emptiness, stomach ulcer and many other mental-behavioral diseases and have bad effect on human mental health. It is good to know that stress cause changes on skin, hair and face. Stress can produce much fat under skin, manage, it also show the individuals face older than what he/she is. Negative effects of stress on brain are clear. Recent research shows that continuous stress and extreme excretion of Cortical has negative effect on Hip comp which has role on mind. Scientists believe Hip comp not only has basic role on recording events but also protection of their details. Studies show that chronic stress and much amount of Cortisone can decrease Hip comp cells and damage them as a result the mind and its function would disturb. cortisone like other hormones changes during each day. That is the amount of it is higher in the morning and lower in the afternoon. Stress deranged this process. Research, also shows one of the results of the severe stress is the extreme amount of fat on abdomen. And this bad news for those who hope to decrease the possibility of heart attack, cancer and other diseases. Depression is one of the disorder related to mental health which human test in combat. Now depression could be cured because doctors/ psychatwats know better about the reasons of clinical depression. Most people become dejected because of tragic events in their life. It is now identified that family and genetic reasons increase depression. Biological & Psychological reasons generally cause depression. [Armin Mahmoudi. **Stress and Depression: An Assessment and Guidelines.** Journal of American Science 2012;8(5):51-53]. (ISSN: 1545-1003). <http://www.americanscience.org>. 7

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1. Introduction

Stress or nerve pressure is an inner pressure and depression that the human body prepares the individual to face serious problems by perspiration of hormones. Of course it is good and necessary for life, but whenever the nerve pressure develops and it is appeared without reasonable reason the person face severe stress.

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It is good to know that stress cause changes on skin, hair and face. Stress can produce much fat under skin, manage, it also show the individuals face older than what he/she is. Negative effects of stress on brain are clear. Recent research shows that continuous stress and extreme excretion of Cortical has negative affect on Hip comp which has role on mind. Scientists believe Hip comp not only has basic role on recording events but also protection of their details.

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Depression is one of the disorder related to mental health which human test in combat. Now depression could be cured because doctors/ psychatwats know better about the reasons of clinical depression. Most people become dejected because of tragic events in their life. It is now identified that family and genetic reasons increase depression. Biological & Psychological reasons generally cause depression.

It is proved that stress disposed human to inflected disease. Neurosis increases the articles that effect, on immunity system. Inter Colin naturally, by growing older will increase and it has relation with heart, sugar diabetes. bone emptiness and other disordering of aged people. People who face stress are often unpleasant and their immunity system is weak against the improvement of diseases and wounds.

In order to answer the question of why some people are more sensitive about life pressures than others, it can be pointed to the personality, habit,

problems and dangers of childhood age and past time of people. In a research, Dr. Charles Nimrod from Omoor University found that people, who had undesirable physical and mental condition during their childhood, when they face stress and mental excitement situation their body will excrete more amount of stress hormones all of these have long-term mental stress on mental and physical health. Therefore stress had bad effects on inner, outer, and mental system of the body.

2.Mode of Controlling stress:

In a machinery world and city dwelling effects cause mental pressure and extreme distress.

The Following points help in the knowledge & avoidance of stress

1. Decreasing stress: Stress can be decreased in the following ways. * To decrease expectation in various fields. * To assess the responsibilities and duties that could be accomplished by the individual and plan activities accordingly. * To say "no". It is not necessary to say positive answer while other's wills are out of your ability.

2- To observe nourishment and using more vegetable nutrition and vitamins and by keep balance the blood sugar we can decrease mental pressures.(exercise: from 20 minutes two hour ,three times a week.

3- Your thought should rest,

4- Arrange biologic clock of your body.

The time of your sleep, alertness, eating should be clear and inevitable should not be changed daily.

Four measures to overcome stress — First Measure: recognize the signs of stress on the body. — Learn to control the body to find signs of extreme stress. — Be care to talk well which is the first signs of pressure. — Recognize danger signs of stress.

3.Second measures: change the stress

Keep the pressure level under the explosion points by changing stress.

When an issue causes violent action/s it is better postpone the problem and assess the issue calmly.

Third measure: asking help from others

When faced with mental, family, office pressures seek somebody's.

If help is not sought, issues cannot be solved. Accept the fact that one cannot solve all problems alone.

Fourth measures is to rest and cure and ensure that adequate rest has energised the individual. Relaxation is necessary.

Other measures

a. Exercise

* Deep breath at the time of high level stress. Lie comfortable and release tight dress and even bare. * Constrict the muscles of the stomach. * After

constricting release the muscle of your stomach, and then stretch them. Until the individual feels relaxed.

This exercise has to be done five times a day.

4.Ensure good sleep

A good sleep can decrease the stress. There are some suggestions to a good sleep.

1. Wake up early in the morning. Those who can wake up at 5 in the morning have happy day and they go to sleep better at night. In case that at night they sleep in time. 2. Try to exercise during the day if it is not possible to exercise, walk. Try to walk to the office. If the distance is far, get off one bus stop sooner and walk. Do not exercise just before your sleep. 3. Avoid napping during the day. 4. Neither go to sleep hungry or eat a lot of dinner. Also, it is better that not to drink coffee, tea, beverage at night. 5. Try to study before sleep. It is recommended to study a story or interested topic. 6. Go to the bed at certain time at night. 7. Your bed should be comfortable. 8. It is good to drink a cup of milk before sleep. 9. Do not use Alcohol or tobacco product, before sleep.

10. The air of your room should be suitable and air Conditioner should be available.

11. When sleeping, keep away obtrusive thought and problems;

C. Try developing Apologizing attitude ways to minimize nerve pressure in the city.

5. Depression

Depression is one of the disorder related to mental health which human test in combat. Now depression could be cured because doctors/ psychatwats know better about the reasons of clinical depression. Most people become dejected because of tragic events in their life. It is now identified that family and genetic reasons increase depression. Biological & Psychological reasons generally cause depression.

Depression Signs:

* Hopelessness *Pessimistic attitude* Ill-feeling of self * Miserable feelings and * Suicidal feelings

Physical Signs:

* Loss of appetite * Low energy levels * Lack of sleep * Short temper

Reasons of causing depression: There are many reasons Causing depression including genetic reasons. Major reasons are chronic illness, poor environment, increased work load, physical abuse, and constant negligence.

Degrees and kinds of depression: Generally, depression is divided to four degrees:

1. Slight depression
2. Medium depression
3. Intense depression

4. Very intense depression

5.

Women depression:

* Women are affected with depression two times more than men apart from race and class classification. * Generally, married women are affected by depression more than single girls. Also, depression is more current among women who have to stay at home and near their children. * At least, 90 percent of all disorders related to eating happen in women and generally there is a strong relation between depression and eating disorders.

Practical and behavioral solution to avoid and confront depression:

1. To decrease nerve pressures and stress discussed.
2. Basic changes on living condition and daily program in this case, we suggest: to join smiling and happy friends and do not talk to sad and hopeless people.
3. At least one time each month go to cinemas specially happy & musical theater or pop concert. Listen to happy and gentle music and keep sad cassettes on file. Try to even smile when are faced. Do not worry about the social problems and complexities that cannot be changed. If possible, take part on charitable activities.

4. Plan free time & spend accordingly. This will help in relaxation.
5. communicate more with other people.
6. Know that the value of learning is more than the problem of life.
7. Take up relaxation activities (Walking, Running developing hobbies).
8. Increase & improve self-respect & self-worth.

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