Major Depression: One Woman’s Quest for Understanding

Like many young parents with depression, Amanda was a busy mother of two, struggling through pregnancy, postpartum depression, and the new demands of her career. She was working long hours and found herself exhausted. Amanda told her husband that she was overwhelmed. She complained of feeling sad, hopeless and hopeless. Amanda's husband urged her to seek help, but she was hesitant. She didn't want to admit that she was struggling with depression.

A Woman's Story of Depression

Amanda was diagnosed with major depression at 30 years old. She said, "I felt like I was drowning. I couldn't catch my breath. It was like my brain was foggy. I didn't know why I couldn't just get it together."

Amanda was prescribed antidepressants and went to therapy. She said, "Therapy was really helpful. It helped me understand the triggers and my own thought patterns."

Making It Happen: How to Manage Depression

"I had to learn how to manage my depression," said Amanda. "I tried to stay as active as possible. I made sure to eat healthy, exercise regularly, and get enough sleep."

Amanda's husband was a big help. He encouraged her to take breaks and do things she enjoyed. He helped her manage her time and responsibilities. Amanda said, "I feel like I'm back to myself again."

A Woman's Guide to Depression: Understanding

Amanda's husband told her that they needed to talk about depression more. He said, "I didn't want her to feel alone and isolated."

Amanda's therapist said, "It's important to share your feelings. It's okay to ask for help."