

DEPRESSION

Meaning: Depression is a mental health disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in daily activities, which can also impact physical health.

1. Depression can manifest in various ways, affecting both mental and physical health.
2. Many people struggle with depression silently, often feeling isolated and misunderstood.
3. Therapy and medication are common treatments for those dealing with severe depression.
4. Seasonal changes can trigger episodes of depression in individuals prone to the condition.
5. Understanding the signs of depression is crucial for early intervention and support.

Source: sentences.whatistheurl.com

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