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***Depression can not stop you to be who you are***

My fellow young adults, why ruin this beautiful life we are blessed with over depression? Why not do something about it rather than suffering inside for the rest of your life? Depression is a type of mental health disorder that an individual goes through for many different reasons. For example, it could be biological or for many social reasons. Depression can affect a person's life in various ways. It can affect the person's brain, daily lifestyle, mood swings, eating disorders, and many more. By now you all have understood what is the topic I will be covering today. The issue I will be talking about is depression. Why depression? One of the discourse communities I belong to is called triangle which is my friend circle. What I realized in my friend circle is that few of my friends go through depression and they hesitate to talk about it or ignore whoever tries to talk with them about the topic. I realized that the way we as people share opinions on different matters depression is not one of them. So, today I will talk about the issue of depression to all of you. I want our young adults to pay closer attention to it, especially our college student who goes through a hard time balancing out work and study life.

Depression is a type of mental disorder that we can not get rid of easily. Some people say it's like a magnet that you can not take off easily but it can be removed. My fellow young generation people, I understand in this adult age it gets very hard to manage school, work, pay bills and be socially active. Sometimes our life gets braided, and it is not easy to bring it back to normal. A person having depression is like the worst nightmare they can get. According to the

mental health foundation, depression affects your daily lifestyle such as your eating habits, a person who is guilty all the time, feeling anxious or helpless, and many more. Having depression is basically like having a whole different lifestyle change up. Going through all this makes the person very weak and ruins their confidence from inside. To all my adults I totally understand that life gets very hard in a moment where you have to work, pay bills and manage yourself. However, all this teaches you to prioritize what you need to do so you do not feel a burden on anything. When you are feeling low in your life, you really should focus on things that you love to do, that make you want to live your life again.

According to CDC, it states that, During 2019, approximately one in five (18.5%) adults aged 18 and over experienced any symptoms of depression in the past 2 weeks, with 11.5% experiencing mild symptoms, 4.2% experiencing moderate symptoms, and 2.8% experiencing severe symptoms. These statistics show us how adults are experiencing the symptoms of depression, especially college students. A lot of college students suffer from depression daily. The challenges and anxiety young adults in college go through can be overloaded. It is very necessary that we talk about depression because it can help a lot of young adults to get rid of it. If nobody discusses it, we will not come up with any solution and people will always be mentally exhausted. Some people do not have the courage to come up and speak about it. Whoever can raise their voice and talk about it will help those who are trying to hide it. As a community, it is our duty to help our younger generation because they are our future. If we do not help them with their hardships or do not value them they will not know how to tackle their next generation. It is important for us to understand depression breaks people down and sometimes it makes them attempt suicide. When young adults suffer from depression, it is important that we talk with them to make them comfortable. Talk with them positively, discuss things that they would like to hear,

spend time doing things that they love to do, etc. If we see that talking to them did not help, it is absolutely normal. Sometimes we do not want to share our opinions with our close ones, we think that we can be judged. That's the time we should not lose hope, there are so many helplines, we can tell them to reach out to. We can tell our young adults to reach out to the helpline because they will help you anonymously and they can share their sorrows openly.

As a young adult, I have been through depression. Especially after going to college, everything was so overwhelming. Full-time classes, full-time work, social life, paying bills all together were getting on my nerves. There were days I would come home and sit in my room, lights turned off, and just be quiet and look out the window. I would feel so exhausted, have different mood swings, eating disorders, not concentrate on anything. There were also days my friends would come and be like let's go out and all but I would be like no, I wouldn't have any energy to do anything. As days passed, I realized what I am doing with my life. This is not what I expected from my life. I always dreamed of having whatever I want, accomplish what I want to and be an independent young lady. In order for me to recover, I would always plan things out and try to do them. However, it was not like I achieved it on my first try. I would fail but I never lose hope. I always wanted to try and try until I didn't accomplish what I wanted to. I could not really share with anyone what I was going through because they would be like depression is just like being stressed because you have to manage so much. There was no way that I can explain what depression was and how harmful it can get. Days passed, weeks passed and finally, I stood on my feet and started to feel the old version of me when I would be so much confident and be happy. What I realized is that it is very important that we need to learn from the struggle we've been through and how we overcome it, then we will understand the value of life.

To conclude, there's nothing in the world that is impossible to do. If you really put your mind to something you can accomplish that. To all my young adults, I would like to share this message with you. When you are going through tough times, seek help, do what makes you happy. Don't let depression come in your way. We only get to live our life once, make the most use of it.