



By Minoo Jokhi

A very well-known quote says: "So many words to say and no ways to say them." Indeed, a person suffering from depression undergoes tremendous mental anguish and even faces problems related to memory enhancement. It is not surprising that depression and anxiety make an individual feel sad, unhappy and burned out. A person battling depression automatically feels the stress. But most individuals do not know that these mental health issues are also associated with forgetfulness, poor concentration, trouble making decisions and overall chaos and confusion, which lead to disorder.

Depression has been linked to memory problems and total forgetfulness. It can also make it difficult to focus on work or other tasks, make decisions or think clearly. Stress and anxiety can also lead to poor memory.

Common symptoms of depression include sadness and changes in mood. Depression, though, is a complex diagnosis that affects many vital aspects of functioning including memory. It eventually leads to memory development problems and hinders the enhancement of the mind. Mental health issues like depression, anxiety can cause agony and suffering and are best treated by competent and trained mental health professionals. But remember the golden words: "In the end some of your greatest pain becomes your greatest strength." Anxiety filled individuals are unable to concentrate much, as their mind is by and large quite haywire. They need to control their emotions. Students too will also find it harder to concentrate on homework or lessons in school or college when under a lot of stress caused by anxiety or depression.

But they shouldn't lose hope. They must fight back and in this meditation helps a lot. Meditation can be a super powerful tool for memory retrieval.

Take a deep breath and gradually release the frustration and tension from your body and focus on being as calm and peaceful as possible. Always remember the empowering words: "One who sees difficulties as challenges never falls prey to depression."

Depression is often characterized by persistent sadness and a loss of interest in many activities that an individual would normally enjoy



Memory Enhancement Tips for PEOPLE WITH DEPRESSION

and overall listlessness in life. A person starts misplacing his/her things; their judgment of things becomes very inaccurate and the person sees withdrawal from normal work or social activities. Depression will also slow down the creation of nerve cells and this can make it quite difficult for the person to form or access new memories well. Stress and depression have to be dealt smartly.

SIGNS OF DEPRESSION

- 1) A feeling of sadness, anxious moments and hopeless feeling.
- 2) A loss of interest in activities or hobbies.
- 3) Having little or no energy and feeling totally fatigued.
- 4) Feelings of shame, guilt and powerlessness.
- 5) A loss of appetite and weight suddenly going down.
- 6) Having trouble sleeping or sleeping all the time and no desire to get up and do some work.
- 7) Unhappiness to such an extent that the person may talk of taking their own life.
- 8) The individual has health issues, be it headaches, stomach aches, body pain and back pain. Some health problems or the other

keep on occurring to such individuals.

- 9) The person feels restless all the time.
- 10) No focus in life.

All human beings face crisis. Life brings upon difficult situations that individuals have to face—and face bravely. An apt way to describe crisis is: C—Create new choice and skills and thoughts.

R—Rewrite your passions. I—Introspect your mind, body and soul. S—Stretch yourself to the fullest.

I—Innovative ideas and inspire yourself. S—Synergize your positive strength.

Depression and anxiety tend to make a person retreat inward. Helping other people can help bring us outside ourselves. It can also help distract us from our own problems and think about something else. As a lovely quote says: "Helping one person might not change the whole world, but it could change the world for one person." Also try and keep smiling even in those unhappy moments. A smile helps to lower your heart rate and calms you down.

OVERCOMING DEPRESSION

Ways to overcome depression and ensure that it doesn't affect your

memory power include:

- 1) Eat well—a healthy and appropriate diet. If we want to feel good it's important to become aware of the way we eat and drink. Dal, high fibre, whole grains, vegetables and fish are very essential and important and also fruits and salads have vitamins and minerals, which definitely helps quite a bit.
- 2) Form correct patterns—sleep early and wake up early in the morning to overcome laziness.
- 3) Have goal-setting in your daily work-schedule—this will give some meaning and direction to your life.
- 4) Learn singing—music and singing has been scientifically proven to lower stress and elevate endorphins, which make you feel uplifted and happy. It helps relax muscle tension and decreases the levels of the stress hormone called cortisol in the blood stream and can help take your mind off the day's troubles.
- 5) Drink plenty of water throughout the day—improve and enhance your mental and emotional health by including 10 to 12 glasses of water daily. Drinking water is a simple and effective tool to improve mental and emotional health. But lots of individuals and even school and college students don't pay much attention to it. Dehydration affects the brain structure and insufficient water intake can cause fatigue.
- 6) Learn in a relaxed way—students need to enjoy and learn what they have to rather than learn in a stressful way and take needless tension and be depressed. Taking on new challenging mental tasks every day activates the brain, and not simply staying in a rut and doing the same thing, helps a lot.
- 7) Never lose your self-belief—self belief is the main thing a student needs to do his/her studies with confidence. Motivate yourself and say that I can do it and understand the barriers you face and overcome them. Self congratulate yourself for your abilities and constantly

develop your self-confidence.

- 8) Never have kainophobia—what is kainophobia, you ask? It is the fear of anything new. Explore new ideas and improve yourself. The person who is constantly depressed avoids new ideas and prospective opportunities and does not come out of his or her shell and their memory remains poor. So learn new things and adapt yourself well to new situations.
- 9) Develop good handwriting and good presentation skills—you will feel better and come out of depression and slowly and steadily the memory too improves with this. Good handwriting is an important aspect of life which people often consider not too important. Bad handwriting and bad presentations don't help and create a bad impression and leads to low self worth, which could make one feel depressed.
- 10) Get treated by a professional—in order to preserve your memory and mental skills it is imperative that you seek treatment for depression and never ignore it and let it grow out of control. When you acknowledge that there is a problem you can come out of it; ignoring it will cause many more problems later on.

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