

Tweeting About Mental Health

By Olivia Bolton



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@depressionfacts



As a teenager dealing with the stress of school, parents, friends, and boys all at the same time, depression is a reality for many- and you're not alone. I'm here to tell you why it happens. Hint: it's not your fault.

2:52 AM · Nov 18, 2020

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I'm sure you've heard the word "depression" several times already. Probably in phrases like "Ugh I'm so depressed that the show ended" or "I'm depressed because I got a C on that test". However, I'm here to tell you depression isn't the same as just feeling sad.

3:55 AM · Nov 18, 2020

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Let's start at square one. Basically, depression is a mood disorder that causes you to feel sad all the time and not interested in doing much. Having trouble sleeping? Crying for no apparent reason? Anxiety? The list goes on, but these are all common signs of depression.

3:01 AM · Nov 18, 2020

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These symptoms aren't just for a day or two, though; to be diagnosed with depression, they have to persist almost everyday for at least two weeks. I'm sure now you can see the huge difference between feeling sad and being depressed.



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Although there's a lot of stigma around depression and it's not talked about much in school, it is more common than you think. About 20% of all teens experience depression before they reach adulthood. Chances are you know somebody who is suffering from depression.

4:07 AM · Nov 18, 2020

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The reason why depression happens can be explained by the hopelessness theory. This theory states that symptoms of depression (like the ones I listed earlier) usually occur when a vulnerable person experiences negative life events.

3:09 AM · Nov 18, 2020

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Negative life events that are common amongst teenagers can be poor performance in school, bullying, car accidents, natural disasters, fighting with parents or family, and problems with personal relationships. However, the list goes on.

3:46 AM · Nov 18, 2020

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The hopelessness theory states that 3 pessimistic tendencies lead to depression in teenagers. These tendencies aren't proof that something is wrong with you, though; it's as simple as being born an optimist or a pessimist. If you're not a pessimist, I'm sure you know one.



4:18 AM · Nov 18, 2020

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The 1st tendency is "cause". When a negative life event occurs, someone who is depressed will believe it was caused by something they can't change and will effect their whole life. Example; "I get bad grades no matter how hard I study. I'm just dumb and I'll always be."



4:24 AM · Nov 18, 2020

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The 2nd tendency is "consequence". When a negative life event takes place, they will believe everything is ruined and there's no way to recover from it; they believe they'll always deal with the consequences. Example; "I got a low score on the SAT. I can't go to college anymore"



4:30 AM · Nov 18, 2020

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The 3rd tendency is "self image". The depressive thinker will constantly compare themselves to others who are doing better than them in a certain task. They see themselves as the cause of every issue, and so they feel a deep sense of hopelessness and self-hatred.



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4:35 AM · Nov 18, 2020

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An example of the 3rd tendency would be "Look how many friends that girl has. I don't have nearly as many friends as her. It must be because I'm ugly and not fun to be around"



4:36 AM · Nov 18, 2020

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It is evident that these 3 pessimistic tendencies, in combination with negative life events, can cause depression in teens. Try to put yourself in the shoes of someone with these tendencies if you do not have them yourself; how would your life be different?

4:37 AM · Nov 18, 2020

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Now that you understand what depression is and how it happens, you can take the steps to help yourself or help others. Therapy is the first step to creating a more positive mind; find a local therapist or help somebody else do so.

National Help Line: 1-800-487-4889

4:41 AM · Nov 18, 2020

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And finally, be a leader. By opening up about your own struggles, others are more likely to follow in your footsteps. Reach out a hand to others and end the stigma around depression by being unafraid to open up.



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4:50 AM · Nov 18, 2020

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