Different Types of Depression

There is a misconception that there is only one type of depression. When you say or hear anything about depression, you probably think about how depression is just an overwhelming sadness that takes over. The truth is, there are many types of depression. If you are having depression like symptoms you may be wondering what type of depression you have and what you can do in the way of treatment. Here are a few of the most common forms of depression and a bit of information about each one.

**Dysthymia**

One of the more common types of depression is dysthymia. This type of depression is often confused with major depression. The reason for this is due to the way that dysthymia works. This form of depression creates a sad or depressed effect that lasts for a long period of time. It may even seem like you have ongoing fatigue issues and ongoing cold like symptoms. This type of depression can be treated with over the counter supplements, mild forms of depression medication, or natural methods such as herbs or mindfulness journaling.

**Postpartum**

Postpartum brings to mind upset new mothers and mothers who are depressed after having their babies. What you may not know is that postpartum depression can go undiagnosed and last for years. One of the contributing factors may be a loss of hormones, especially during difficult pregnancies. It can be mild with symptoms of fatigue and anxiety, but it can also become incredibly desperate with some mothers experiencing suicidal thoughts. Postpartum depression generally requires counseling and drug therapy.

**Atypical Depression**

Atypical depression is a form of depression that has more physical symptoms than emotional. In fact, it can be misdiagnosed as a physical issue that requires physical therapy. What happens is, your legs and arms may feel incredibly heavy. This may feel at first like restless leg syndrome and then progress to an issue that feels like paralysis. The atypical depression works through your muscles and nerve endings causing these symptoms. This depression is generally treated with focusing on diet and exercise since overweight individuals and people with eating disorders are at the highest risk for atypical depression.

If you think that you are suffering from these, or other types of depression, consider speaking with your doctor. They will be able to help you with treatment plans and how you an cope with your symptoms. They can also offer suggestions for natural therapy that works for both long and short term assistance.