Depression in Men: What Can Be Done About it

Mental health and depression are prevalent in both men and women, though it is often more of a stigma with men. If you are experiencing feelings of sadness, emptiness, sleeping problems, and hopelessness, you might be suffering from depression. Here are some things to know about it and what you can do to get help.

**Types of Depression**

The first thing you should know is that there are different types of depression you might be dealing with. This is helpful because you will be able to learn more about the symptoms and ways to treat each type of depression.

First there is minor depression, which is often less severe and doesn’t happen as often. This can sometimes be related to situational depression, where certain triggers are typically the only things that cause the feelings of depression.

There is also major depression, which causes more severe symptoms. If your symptoms get in the way of relationships, work, and hobbies, this might be what you are dealing with.

Lastly there is dysthymia, which causes depressive symptoms to last much longer, often years or more. This, like other forms of depression, often requires help from a therapist to manage.

**Common Symptoms of Depression**

Depression for some men can be very obvious, while others experience subtle symptoms that are often confused with other things. Either way, if you think you might be depressed, you should seek help from your doctor or a mental health professional.

Some symptoms you may experience include:

Being tired or heavily fatigued, regardless of how much sleep you have  
Feeling hopeless and helpless  
Extreme mood swings like anxiousness, anger, and irritability  
Feeling flat or lack of emotion and feeling  
Trouble sleeping  
Issues with food and diet

**Ways to Manage Depression**

It is important that you understand you are not alone, and that depression is treatable. You are not going to be cured of this mental illness, but by speaking to a doctor and working on lifestyle changes, you can start to feel better. Treatment often includes a combination of therapy, medication, and lifestyle changes, though keep in mind you can switch things up as needed.

As far as what you can do at home – try getting more exercise, spending time with friends, and finding healthy activities to distract your mind, whether it is a hobby or craft, playing with your dogs, or just watching something funny.