

# Depression and Self improvement



**1 and 15 Adults** will have depression in their lives to deal with.

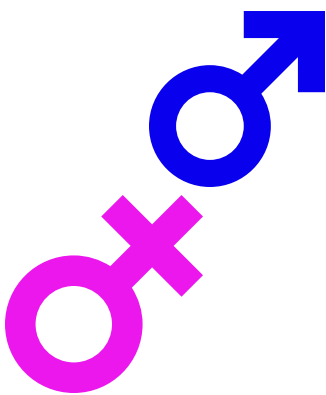


Globally, As the years have gone on more people especially late Teens and young adults have fallen in depression



**1 and 6**  
**16.6%**

will experience depression at some time in their life



**70%**  
**30%**

of men and women will experience an episode of depression and suicide in their lifetime



**40%**

There is a higher chance of that person having depression because its hereditary or if it runs within relatives

The American psychiatry Association advises that if one is experiencing depression to look at the positives and to seek treatment with different methods like taking Antidepressants, Psychotherapy/Talk Therapy, Electroconvulsive Therapy, Self-Help and Coping.



American  
Psychiatric  
Association

Sources:

Psychiatry.org



<https://www.psychiatry.org/patients-families/depression/what-is-depression#:~:text=Depression%20affects%20an%20estimated%20one%20in%2015%20adults,are%20more%20likely%20than%20men%20to%20experience%20depression.>

# The Main Four pillars of self-improvement

**Medication and  
Talk Therapy**



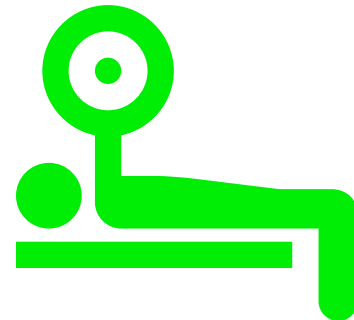
**Knowledge and  
learning/ Journaling**



**Meditating**



**Working Out and  
Physical Fitness**



**Do The Hard Work  
Especially When You  
Dont Feel like it**