Anxiety, Depression & Social Factors

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**Introduction**

The association between anxiety and depression is not unexpected — many individuals who are depressed display high levels of a stress hormone (cortisol) in their blood tests. Many individuals with Major Depression usually reports that a traumatic event was what caused their depressive experience. The initial depressing incidents generate changes in the brain's chemistry that more likely results in the future occurrences of depression. Happenstances with depression and anxiety make an individual more delicate to developing future experiences, even a small sequence of everyday irritations can generate persistent anxiety as well as depression.

Nerve-wracking experiences often take away an individual's sense of control and usually promotes a sense of defenselessness or bleakness which can lead to emotional turmoil and agony. The effects of traumatic dealings are different for unlike individuals. Stressors that don't trouble one individual may cause strong suffering for another. Sometimes even positive life alterations for instance getting married or becoming a parent can trigger anxiety or depression.

There are a variety of social and interpersonal dealings or occasions that usually trigger depression.

* The demise of a close relative
* Break up and other marital problems
* Loss of employment, economic problems, etc.
* A disordered, risky, and unsafe life such as violence in the family
* Insulting relationships that demoralize self-confidence
* Social failures
* Moving to another place or social segregation
* Feelings of loss of control in life
* Severe shock such as exploitation, abandonment, and rape, etc.

**Social Support System**

If the societal factors as mentioned above can result in depression and anxiety, then social factors such as support can also aid in preventing it from happening. Social support is one of the most used, applicable and benefiting concerning depression and anxiety issues. Individuals can have social backing from their family, work and college associates, and other acquaintances such as friends. This kind of support offers a shoulder, guidance, affection, compassion, and entertainment during times of need and disaster. A social support system can be incredible when one is sick or overwhelmed by different uneasy circumstances. This system can also help people refrain from the unhealthy way of life and habits. Affiliates of one's support group also function as a nursing and feedback organism which will result in a reduction of anxiety and depression periods and even overcome it.