**Topic:** What is depression?

According to the World Health Organization website issue on 13 September 2021, depression is a common illness worldwide. The estimation about 3.8% of the population has been affected. In that report, around 280 million people have depression. It can cause the affected person to suffer greatly and function poorly at work, at school, and in the family, and at its worst, depression can lead the patient to suicide. Moreover, over 700 000 people die due to suicide every year. How does depression come about?

Most depression results from a complex interaction of society. Therefore, people who have gone through adverse life events (unemployment, the pressure of works, family, and sometimes from the word of other people) are more likely to develop depression, and there are some depression symptoms such as:

* Your mood is depressed for most of the day, especially in the morning.
* You feel tired or have a lack of energy every day.
* You feel worthless or guilty almost every day.
* You have a hard time focusing, remembering details, and making decisions.
* You have no interest or pleasure in many activities nearly every day.
* You often think about death or suicide (not just a fear of death).

The above symptoms do not cover all for the patient, and it is just some of them. We already know about them, so how to prevent it?

There are many lifestyle changes and stress management strategies you can use to prevent or avoid depression.

1. Regularly exercising is one of the best things you can do for mental health, and it can help the treatment and prevention of depression.
2. Try to cut back on social media time because the increase in media usage can cause or distribute depression.
3. You need to build a strong relationship because you have the best support system to protect you from depression.
4. Please stay away from toxic people; it means that you should stay away from anyone who makes you feel worse about yourself.

These are some of the most important strategies to fight depression. Moreover, if you feel lonely and sad, please don't try to stay alone; let's find someone you trust the most and have a speech with them, so it will make you feel better.