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https://www.100test.com/kao_ti2020/646/2021_2022__E5_A4_A7_E5_AD_A6_E8_8B_B1_E8_c83_646297.htm How To Deal With

Depression In recent years,more and more people have suffered from depression.With the increasingly fierce competition,more and more people are bearing great pressure from study,work and life.Under great pressure, many people begin to become sad,hopeless and finally suffer from depression. Depression has brought great bad influence on onestudy, work and life.In fact,depression affects not only ones mind but also his body. Those with severe depression even unable to continue their work or carry out normal activities of depression. The symptoms mainly include feelings of sadness, hopelessness, not wanting food and trouble sleeping.Besides, depression is linked to many other diseases, like heart disease, Whats worse, deprssion is one of the main courses of peoples suicide.来源

: 考试大 Considering the bad effects of depression, it must be taken more seriously. For those patients with depression, first of all ,it is important to accept treatment timely instead of covering or ignoring the disease. Besides,people shuold learn to release pressure and keep a pleasant mood. Actually,the best treatment is a combination of medication and psychological help.Only in this way can people reduce the chance of suffering from depression. 相关推荐：英语四级作文模板及必备句型汇总专题 大学英语四级写作阅卷老师评判标准 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com