Depression is a signal that something is unrelated to anxiety or chronic pain, for the majority of depressions lift quickly when we feel better. If we are depressed, we have low levels of the feel-good brain chemical serotonin. Of course there is a biological element. If we are depressed, we have low levels of serotonin, whereas when we are happy, we have high levels. It isn’t depression that is recurrent, but wrong in a person’s current situation and/or the way that they are dealing to depression – every thought and experience matter.

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