

SMILING DEPRESSION

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Smiling Depression



Smiling Depression

What are you hiding behind that smile?

While sadness and unexplained crying are common signs of depression, not everyone who is depressed appears visibly sad. When someone masks their depression behind a smile, they might have a Smiling Depression.

What Is Smiling Depression?

You won't find smiling depression listed in the official diagnostic manual for mental disorders. But some mental health professionals use this term to describe people who are depressed but look and act happy.

If you have smiling depression, you feel low inside but tell others that you feel fine. You look fine, too.

You might power through your daily activities as usual. Another term sometimes used for this is "high-functioning depression." When you don't look or act depressed, your family and others may not realize you need help. Even you may not realize that your inner struggles are signs of depression.

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Smiling Depression may often go unnoticed

Outwardly, people appear happy, but inside, they may be struggling with deep feelings of hopelessness and sadness.

If you're experiencing something like this, you might reassure others that you're okay while not showing your true feelings. This can lead to your family and friends not recognizing your need for support. Please remember you're not alone.

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International Youth Day is also a reminder of the responsibility we all share in supporting the next generation.

It's a chance to reflect on how we can provide better opportunities, resources, and encouragement to help young people reach their full potential.

From Education to Mental Health, to creating spaces where youth can thrive, this day is about celebrating what young people have already achieved and looking forward to what they will accomplish next.

What is Smiling Depression?

Smiling Depression isn't listed as a medical diagnosis and is thought to be a form of major depressive disorder with atypical symptoms. Although it shares the same core symptoms as major depression, it differs in that the distress is internal and not visible on the outside.

Those with this condition might even show a temporary lift in mood in response to positive events, developing coping skills to mask or hide their true struggles and giving the impression that they are "doing fine."

On the occasion of International Youth Day, let's raise awareness, encourage open conversations about mental health, and support the youth in seeking the help they need.



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Signs and symptoms to look out

One way that Smiling Depression differs from other types of depression is that it's **often invisible**.

Smiling Depression exhibits many of the classic signs of depression, such as persistent sadness, loss of interest in previously enjoyed activities, and trouble concentrating.

Hidden danger of Smiling Depression

While classic depression can leave individuals with suicidal thoughts but lacking the energy to act on them, those with Smiling Depression may appear functional and maintain their daily routines. This façade can sometimes mask a dangerous reality: they might have the energy and capability to plan or execute any unfavourable action.

Such situation calls for regular discussions and encourages those struggling to share their feelings and seek help.

Here are some signs to look for:

- **Changes in appetite:**

Depression can cause either overeating or loss of appetite, often leading to noticeable weight changes.



- **Feelings of hopelessness:** Common feelings include guilt, worthlessness, and a sense of hopelessness.

- **Altered sleep patterns:**

Some may sleep excessively, while others experience insomnia or significant changes in their sleep schedule.



- **Loss of interest:** They might show a lack of enthusiasm for activities they once enjoyed.

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WHAT IS SMILING DEPRESSION?

When a person suffers the effects of depression but presents a happy appearance to the world around them.



What could be the possible reasons of Smiling Depression?

People may hide their depression behind a smile for various reasons, such as:

- Worrying about others' judgments
- Not wanting to burden others
- Fearing job loss
- Believing depression will disappear if they fake happiness
- Unawareness of their condition
- Uncertainty about how to seek help



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SMILING DEPRESSION SYMPTOMS

If you have smiling depression, you may have the usual internal signs of depression, but you hide them from others. These could include:

- Persistent sadness
- Anxiety
- Feeling empty
- Feeling hopeless or pessimistic
- Feeling irritable, frustrated, or restless
- Feeling guilty, worthless, or helpless
- Losing interest or pleasure in hobbies and other activities
- Fatigue, lack of energy, or feeling slowed down
- Trouble concentrating, remembering, or making decisions
- Trouble sleeping, waking too early in the morning, or oversleeping
- Changes in appetite
- Losing or gaining weight unintentionally
- Physical aches or pains, headaches, cramps, or digestive problems without a clear cause
- Thoughts of death or suicide

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Other tips to cope with Smiling Depression

- **Stress Management:**

Mindfulness and deep breathing techniques can help manage chronic stress. Unaddressed, long-term stress could often be the precursor to serious mental health concerns.



Looking for natural ways to improve mental wellness? Explore our stress and mind care range.

Is Smiling Depression treatable?

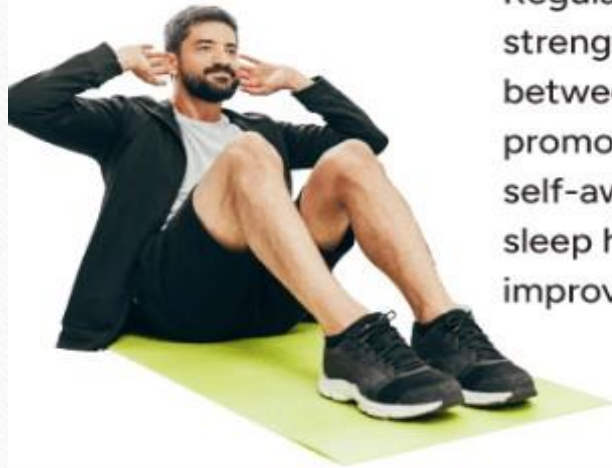
Yes, Smiling Depression is treatable.

Doctors address Smiling Depression in a manner similar to other forms of depression, typically using a combination of the following approaches:

- **Medication:** Certain classes of medicines like antidepressants and mood stabilizers can be advised. Regular doctor follow-ups are important. Patience is the key here, it may take some weeks to see results.
- **Psychotherapy:** Talk therapy can help people understand their thoughts and feelings, with options including cognitive, psychodynamic, group, and family therapy.



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- **Exercise and sleep schedule:** Regular exercise can help to strengthen the connection between your mind and body, promoting a greater sense of self-awareness. In addition, sleep hygiene can help improve mood.

Remember

Despite appearing happy and high-functioning, many young people silently battle feelings of hopelessness and sadness.

Diagnosing Smiling Depression

If you think you are depressed, your first step might be to consult your primary care doctor. They'll ask about your concerns and run some tests to rule out treatable physical causes, such as a thyroid disorder. They may refer you to a mental health professional, such as a psychiatrist or psychologist, for further tests and conversations.

A full workup might include:

- A physical exam
- Lab tests, such as blood work
- Questionnaires to give your doctors more information about your thoughts, feelings, and behaviors

If you do have signs of depression, you'll get a diagnosis based on the official *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, published by the American Psychiatric Association. It doesn't include smiling depression or high-functioning depression. Instead, your diagnosis might be major depressive disorder, persistent depressive disorder (chronic depression), bipolar disorder, or something else.

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**CONSULT
DOCTOR**



**THANK
YOU**

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