

# A Depression Thread at the Epicurean Philosophy Facebook Page

Post by “Kalosyni” of January 30, 2022 at 11:52 AM

## [Quote from Cassius](#)

We don't have a FAQ entry on depression. Should we? If we can develop a good strong answer here we can create a FAQ entry and point it to this thread.

I searched online about depression, and the differences between mild depression and major depression. Found some science/medicine based sites...but it was so "depressing" to read, that I can hardly recommend.

Since Epicureans hold science as the favored way of seeing the world, then all we can do is point to modern science, which for moderate and severe levels of depression uses a combination of talk therapy and medication.

The following excerpt is from an article that covers three levels of depression: mild, moderate, and severe:

## Quote

Despite the challenges in diagnosis, mild depression is the easiest to treat. Certain lifestyle changes can go a long way in boosting serotonin levels in the brain, which can help fight depressive symptoms.

Helpful lifestyle changes include:

- exercising daily
- adhering to a sleep schedule
- eating a balanced diet rich in fruits and vegetables
- practicing yoga or meditation
- doing activities that reduce stress, such as journaling, reading, or listening to music

Other treatments for mild depression include alternative remedies, such as St. John's Wort and melatonin supplements. However, supplements can interfere with certain medications. Be sure to ask your doctor before taking any supplements for depression.

A class of antidepressants called selective serotonin reuptake inhibitors (SSRIs) may be used in some cases. However, these tend to be more effective in people with more

severe forms of depression. Recurrent depression tends to respond better to lifestyle changes and forms of talk therapy, such as psychotherapy, than medication.

While medical treatment may not be needed, mild depression won't necessarily go away on its own. In fact, when left alone, mild depression can progress to more severe forms.

<https://www.healthline.com/health/depression/mild-depression>

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