

The Invisible struggle: Living with depression, stress, and OCD.

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Abstract

The Invisible Struggle: Living with Depression, Stress, and OCD" is a book title that highlights the often-hidden nature of these mental health conditions, and the challenges that individuals face in living with them. Here are some possible book topics and chapter titles that could be included in a book with this title: The Mask of Normalcy: Hiding Depression, Stress, and OCD - This chapter could explore the ways in which individuals often hide their struggles with these mental health conditions, and the toll that this can take on their lives and relationships. The Intersection of Depression, Stress, and OCD - This chapter could delve into the complex interplay between these mental health conditions, including how they can exacerbate one another and how they are often intertwined in individuals' experiences.

Keywords: COVID-19 psychological, Bariatric surgery, Psychological distress, Obesity.

Introduction

Coping Mechanisms: Managing Symptoms of Depression, Stress, and OCD - This chapter could explore a range of coping mechanisms that individuals use to manage their symptoms, including therapy, medication, mindfulness practices, and self-care strategies. Navigating Relationships: How Depression, Stress, and OCD Affect Our Interactions with Others - This chapter could examine the impact that these mental health conditions can have on relationships, including challenges with communication, intimacy, and social support. The Unique Challenges of Work and School: Balancing Mental Health and Productivity - This chapter could explore the challenges that individuals with depression, stress, and OCD face in academic and professional settings, including stigma, discrimination, and the need to balance mental health with productivity. Breaking the Stigma: Promoting Mental Health Awareness and Advocacy - This final chapter could discuss the importance of reducing stigma and promoting greater awareness and advocacy for individuals with depression, stress, and OCD, including resources and tools for getting involved in mental health advocacy efforts [1].

People with OCD generally have unwanted, intrusive thoughts, [2] or impulses that are called obsessions. In order to make the obsessions go away, those who suffer from OCD do different actions in attempt to push those thoughts out of their head. These are called compulsions People with obsessive-compulsive disorder (OCD) are struggling more in general, as we deal with CORONO-viruses. So people who suffer from OCD are fighting on their own and many in this epidemic. OCD has also been seen in people, because our life has changed a lot due to Corona. Based on recent discussions with patients, I believe that the person suffering from OCD or the way in which the OCD is being dealt with depends on the nature

of their condition and their personality. "As seen for some people, it can exacerbate their symptoms, especially if their symptoms or obsessions are consistent with contamination or getting sick or someone else potentially passing the virus on to others. Fear of being responsible for the loss" I have spoken to many ordinary people who have said that they are not overly concerned with COVID19, to make them aware of OCD. It's not one of those things they worry about, and it's less than some of the other concerns they may have. They have many things to worry about [3]. Their fees, housework, elders etc. Psychiatrist, Psychologist and Clinical Counsellors stated that around the world, [4] crisis counselling phone lines have reported a drastic increase in calls since the pandemic began Nevertheless, the CORONA-virus crisis presents profound challenges for those whose OCD symptoms align with current concerns. People with OCD often talk about this and spend most of their time discussing "how good hygiene can stop the spread of the virus" This may cause some people to go to extremes in their mind. The government may have given more emphasis to the disease. The government has issued hand washing guidelines, but someone with OCD may feel an intense urge or drive to take it more [5].

Conclusion

They may also be more susceptible to substance abuse and other risky behaviors. It's important to note that not all individuals who experience childhood neglect or poverty will develop mental health problems. Other factors, such as genetic predisposition, family history, and individual resilience, can also play a role. Overall, childhood neglect and poverty are significant risk factors that can contribute to mental health problems later in life. Early intervention and support can help mitigate the long-term effects of these experiences and improve mental health outcomes.

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