



Marina Katcharava, "The Psychology of Everyday Life"

The book is a review and analysis of all stages of our existence. Why do we have high or low self-esteem, where does depression come from, what are the origins of neuroses and obsessions, are crises good or bad in our lives, and what coded information does the unconscious store, which is like one big storehouse full of stories from our childhood.

Depression

In everyday life, we often incorrectly use the term "depression" as "neurosis" and attribute it to simple boredom, bad mood, and irritability.

Depression is an emotional disorder, which is followed by mood deprivation. In simple words, there is emotion and thinking. On the one hand, the heart, on the other hand, the mind, and there is a third - the will, which determines our actions.

Before psychology was established as a discipline, Christian saints tried to characterize humans, they said that human is the unity of mind, heart, and free will, a triad. This concept was later confirmed by psychologists, physiologists, and psychiatrists through experimentation in the 19th century. The terms received slightly different descriptions, thinking, emotion and will. For human action all three are vital. As psychology studies humans and their actions, depression is considered as a pathology of actions, hence we have to discuss emotions, thinking, and will in detail.

There are four basic emotions that all animals have. These are sadness, fear, anger, and joy. All four of the above can be found on the face of a newborn baby and a puppy playing in our yard.

What is this sadness, fear, anger, and joy? Even a person who does not know this discipline will answer that this is our attitude towards reality. The justification for this is very simple - we are not afraid of, say, a snake, which is a danger to a New Yorker who grew up in an urban environment, it is food for a Thai person, and what's more, they give snakes to children to play with. Emotion is subjective because it is our feeling and our attitude towards reality.

People often struggle with naming emotions. Psychology is an attempt to name our feelings and wishes and arrange them on the shelves. Naming events incorrectly brings great chaos and uncertainty to the treatment process. A human being is a dynamic creature, and like a cardiogram sheet, he/she cannot be in an elevated mood all the time, but when we mention depression, being on the plateau of a depressed

emotional state is sometimes noticeable. Humans naturally need peace, but even here the correct naming is important because the term peace means different in different cultures and religions. For Japanese peace is one thing and for Spanish, it is something else. In psychological language peace means protection, safety and hopeful condition. Often you may not notice from the outside, but a person might have strong depression revealed in somatic illnesses making him/her very sick. This often happens if a person blocked his/her emotions for a long time, couldn't name them, or was shy. Culturally for us showing emotion is considered a weakness, and if a person has detached and stone-faced, he/she is considered strong. Modern medicine on the other hand says the strong person is the one with high emotional intelligence and not the one who is unable to feel emotions. The correct domination of emotions over our thinking is a challenge for modern humans.

A very interesting experiment was conducted in Japan: They brought robots as nannies for children and children ended up in a very difficult spiritual condition because human needs emotional contact, they need to be hugged, caressed, recognized, etc. Emotional contact and the fact, that I am emotionally accepted by you, is important. Hence, very often the causes of our depression or nervousness, or other psychological disorders are caused by suppressing, expelling, keeping inside, not naming, and dismissing emotions. What happens in our bodies? At this time, autoimmune or auto-aggressive processes occur in the body and, as I have already mentioned, a person can get sick. For example, thyroid gland disease (by the way, it is very common in Georgia).

Why did I specifically mention this disease? It resembles an orchestra conductor. Just as individual professional musicians create a cacophony without a conductor, disruption of the endocrine system¹¹ leads to the collapse of the function of other organs. The prerequisite for all this, along with physiology, is the autoimmune course of the disease, taking place along with the background of hidden depression, we try to cover, hinder, and stuff parts of our life inside, because maybe the environment, society, or other things prevent me from expressing it.

Depression is a syndrome, or the ensemble of syndromes, hence, using this term in everyday life is not very recommended. Being in a bad mood doesn't mean one is depressed. And the word has big power. Naming things in this or that way has a direct effect on the surface of our unconscious. The expectations which we have from our and other people's lives transform, and we even have an expression in Georgian – that by just saying that the tree was withered, it withered. Self-programming and programming of other person happen easily by diagnosing. This is a kind of satchel that we give to our unconscious to carry, and we indulge ourselves or others for continuous suffering and low self-esteem. Hence, it is important to use medical or scientific approaches when we name things not to distort a person's life by involuntary saying or evaluating their condition. We should know that only 5% of the world's population has what doctors call depression. When we break down this number into simple multiples, we find that only a small part has a very severe depressive syndrome with suicidal tendencies, often associated with schizoaffective disorder¹² or severe somatic diseases.

Depression is the first component of the triad - a sharp decrease in mood, that is, loss of joy, and loss of the ability to be happy. In this condition, people are no longer happy, they cannot be happy, and are not able to be happy. The second is the distraction of thinking. A person is unable to concentrate and his/her analytical thinking deteriorates, meaning, he/she cannot establish the connections between cause and effect. And the third one is the disruption of the motoric system, which can be manifested by the complete dysfunctionality of a person and his/her unusual exaltation. This is bipolar disorder. One pole is extremely agitated and the other is disabled and exhausted. In this condition, a person cannot make a decision, he/she is constantly physically tired, and exhausted, and is unable to restore energy.

There is a neurochemical model of depression, which is expressed by a lack of serotonin, norepinephrine (adrenaline), and dopamine. This is the neuromediator system of the brain. This was a breakthrough in psychiatry of the last century when the mechanisms of all diseases were studied and the phenomenon of the neurochemical mechanism was identified. Therefore, in the case of schizophrenia we are dealing with a dopamine model, if we have high dopamine - we have schizophrenia, if it is low, we have Parkinsonian tremor, if serotonin is high there is agitation, and exaltation, if serotonin is low - we have depression.

In situations where testosterone is high, there is more aggression, where it is low – the other way around. We sometimes ignore the lack of certain substances and think that it will "fix itself", which is a misconception. If there is a lack of serotonin and it is difficult to sleep at night, you cannot compensate for this by sleeping during the day. Sleeping at night is one of the most important things because lack of sleep leads to the disruption of processes in the body that cannot be restored during the day. Daytime sleep does not replace night-time sleep. Some people think: "I will spend the night; I will sleep during the day" - it is not the case. Insomnia at night exhausts a person completely because melatonin and serotonin are produced at night, during sleep, which is responsible for our mood to some extent.

Depression may be endogenous, meaning internal, depending on the physical condition. When everything seems to be normal around me, though I still develop depression and it destroys me inside.

To be diagnosed with depression, symptoms must be stable for at least two weeks. If you were in a bad mood yesterday and today you are not, and tomorrow you are bored again, or you are very upset, this is not a symptom. If I have a condition that persists for two weeks, it is a sign, but it must be a combination of symptoms. I have named the triad (depressed mood, diminished reasoning, and decreased ability of critical thinking and analysis), and sometimes we can also observe a decrease in attention and the slowing down of motoric movements. However, unlike bipolar disorder, in which the range is very wide, there is either unipolar or bipolar depression. Depression is unipolar when there is only one state for a long time, total agitation or total depression.

Depression develops at different times, with different recurrences - during childbirth, at the death of a very close person... During this time, sleep is often disturbed, or on the contrary, there is hypersomnia, sharp weight gain or loss, why? I repeat - these are the framework features, which were embedded in us before the age of six and it reveals themselves, as they did in childhood. Some think that if they sleep for a long time, they wake up and problems are solved, others think if they eat the pain will go away, and so on. Of course, not every insomnia or anorexia is a sign of depression, and we shouldn't scare people close to us by suspecting these signs. We should observe our emotions because emotion has two functions. They have many functions but there are two main functions: one is to signal something and the other one is communication. What is this signaling? Sometimes with my emotional condition, I feel something earlier, than I understand it. Sometimes I don't understand but I can feel it because emotion is very important and communicative. If there is no emotional bond between two people, they can't establish communication and we all feel it. We can feel it during group therapy when we see that some imaginary bond is established between the members and this bond is empathy or sympathy.

In the end, there is also a hidden depression. A person might not have the symptoms listed above and depression is secretly ongoing. Perhaps you have an acquaintance who has been ill all his/her life, something just happens to him/her and it seems that there is no reason for it. This situation is quite dangerous as many things happen silently inside the person and he/she might even have suicidal thoughts, which need to be taken seriously because as a rule, suicidal attempts are not isolated. If a person survives, he/she should think about his/her condition and people close to him/her should be very supportive, as the episodes happening again (circularity) is very common in these situations.