


# DEPRESSION, *MUSIC* physiotherapy



A depressive mood state oppresses the mind, weighs down the body and darkens the spirit. Like all other emotions, depressive moods have a colour all of their own – the blues. In music these feelings are typically portrayed by the sound in a minor key on the lower end of the register. Music with energetic and rhythmic patterns, on the other hand, can stimulate and uplift people who suffer from depression.



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 Clinically, depression is a mood disorder. A depressed mood can be brought about by a major loss, a personal crisis or a significant life change, no matter whether it is positive or negative. Depressive moods are typically associated with a sense of fatigue. Such a mood disturbs our daily thought processes, interferes with concentration and makes it difficult to deal with daily decisions, and will be experienced by most of us at some time or another. Depressive mood states may be accompanied by low self-esteem, leading to irrational feelings of guilt or self-blame.

Depression brings with it a reduced interest in life. A depressed person's thoughts are concentrated on the accumulation of all the depressing factors present in life. Depression causes a negative attitude towards the self, the world and the future. It results in loss of enjoyment of life, and eventually leads to a reduction in the person's emotional, intellectual and physical strength. In times of illness, a patient often becomes introspective. Feelings of depression increase substantially in people with chronic disease, whose prospects for returning to a normal healthy life are minimal.