Depression

What is depression?

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it's a serious condition that affects your physical and mental health.



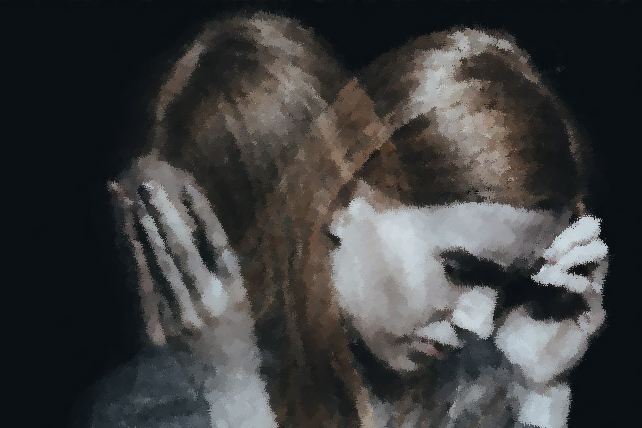
Types of depression:

* Melancholia

This is the term used to describe a severe form of depression where many of the physical symptoms of depression are present. One of the major changes is that the person starts to move more slowly. They're also more likely to have a depressed mood that is characterised by complete loss of pleasure in everything, or almost everything.

* Psychotic depression

Sometimes people with a depressive disorder can lose touch with reality and experience psychosis. This can involve hallucinations (seeing or hearing things that aren't there) or delusions (false beliefs that aren't shared by others), such as believing they are bad or evil, or that they're being watched or followed. They can also be paranoid, feeling as though everyone is against them or that they are the cause of illness or bad events occurring around them.



Proteins and sport

* Proteins:
* Eggs: Whole eggs are among the healthiest and most nutritious foods on the planet.

They are loaded with vitamins, minerals, healthy fats, eye-protecting antioxidants and brain nutrients that most people don't get enough of.

Protein content: 35% of calories in a whole egg. 1 large egg has 6 grams of protein, with 78 calories.

* Oats:

Oats are among the healthiest grains on the planet.

They are loaded with healthy fibers, magnesium, manganese, thiamin (vitamin B1) and several other nutrients.

Protein content: 15% of calories. Half a cup of raw oats has 13 grams, with 303 calories.

**AND OTHERS FOODS**

Sports

Sport includes all forms of competitive physical activity or games which,[1] through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators.[2] Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. In certain sports such as racing, many contestants may compete, simultaneously or consecutively, with one winner; in others, the contest (a match) is between two sides, each attempting to exceed the other.