

Busy with Depression: Are You a Human Doing or a Human Being?

We often think of depression as being low on energy and interest in the world and not so often as being too active.

But I am clear that some people with depression ward off the experience of depression with high activity. It has the characteristics however of compulsion (I must get it done) and also of drivenness and the high activity level is not so often filled with fun but rather with needed tasks. Whether we are looking at an executive, a homemaker/volunteer/PTA chair, or someone in a lower-paid helping professional such as a counselor or church worker. The qualities are similar

Always has a task

Rarely takes time to sit for relaxation

Does not take vacation unless to take care of someone

Has a job, not a life

Is a human doing, not a human being