

02/01/09 - Depression And Suicidal Thoughts After Heartbreak

Falling in love is the most beautiful thing in the world. Maintaining this relationship requires patience and breaking up collapses a person's whole being. Here we are not discussing one night stands and office flings. We are not even talking about Casanovas or seductive temptresses but those are deeply in love both emotionally and spiritually. Those who started with the aim to be together forever and crossroads of life divided that love.

Circumstances in life and fate often tend to interfere in many lovers life. The paradise that they both had dreamt of which they would share till eternity, one day just blows up. Surviving alone without the devout partner is a certainly hard. Many people find it painstaking to bounce back.

Mornings are the most dreaded time because it's a beginning of a new day for many and those heartbroken don't know how to go through the day alone again. Depression embraces them and they are trapped. They avoid eating, going out, and talking to friends and family. They lie in bed dreaming of the one they love and hold on to those memories.

Day after day these feelings make the person further helpless and vulnerable. They often make calls to the one who broke up but then they lose their courage to speak up. Some stalk the partner in desperation. There are others who take the rejection so deeply that they decide that their life has no meaning anyone. Love hurts and the deeper the attachment, the worse are the forms of anguish.

Being suicidal is fairly common among those who have been rejected or have broken up after having a relationship for a while. It basically depends on how much the relationship was valued. If the man broke up because he is seeing someone else, then the dejected woman has nothing else to do but accept the fact that he has left her for someone more beautiful, intelligent or powerful. The reasons for break-up are many but the heart normally doesn't understand these things.

How To Avoid Depression And Suicidal Thoughts After A Breakup:

- 1) Voice your feelings to someone close. Avoid bottling up your emotions.
- 2) Don't beg him/her to get back again. If he/she has decided to move on, don't become desperate to get back.
- 3) Avoid wallowing.
- 4) Throw away all photographs and mementos of being together.
- 5) If there was a ring involved, give it back.
- 6) Read about current affairs. You will understand how many people are suffering all over the world. Your heartbreak will sound petty when you compare those suffering from famines, floods and terrorist bombings.
- 7) Focus your mind on your career.
- 8) Get involved in family matters and look after those who need your support.
- 9) Take part in a charity drive.
- 10) Don't hate all men/women because you had fallout with one man/woman.

Heartbreak is not easy. Everything heals with time. So unless you make the effort to move on, life will only feel like a stagnating pit where people can only lend an arm, it is you who has to grab it and pull yourself up. Learn to stay positive and the right one will walk with you soon.