

### Chapter 1 : 7 Signs You Have A Hidden Depression - Psychologium

*Depression can be a silent killer, and people experience it differently: while some people only experience mild depression (or may actually feel "blue", and mistake it for being depressed), others suffer from what is known as "concealed/hidden depression".*

It covers the mental, emotional and physical aspects of depression, and even quantifies just how depressed you might be, dependent on your answers. If given an inventory, your answers surprise you as they reveal how dark your life has become. Depression has entrenched itself into who you are and how you think. The disease of depression robs you of your vitality. You take your kids to school, but go back to bed. If severe enough, you lose your desire or ability to function at all. The good news is that often you can get better. With exercise, therapy, medication, mindfulness, and hard work, many can lift the veil that has cut them off from the enjoyment of life. Some struggle more than that, and have to learn to manage chronic symptoms. One man recently answered that question. Doing all things to the best of your ability, all the time, every day. Pushing yourself to the limit. Putting others before yourself, always, believing that a focus on self is selfish. Living very deliberately, getting things done, accomplishing the seemingly impossible. Ignoring the memories of hurt. Avoiding revealing too much about yourself. Laughing off extreme fatigue. You don a mask of happiness every day, that you may even have come to believe is the real thing. Others admire and tell you what a great life you have. Because whoever was taking it, would know someone else would see their answers. They have to -- the symptoms are choking the life out of them. Because sometimes, someone with PHD will wait too long. You will want to end your life, and no one even knows you need help. The loneliness can become unbearable. Because showing vulnerability does not equate with lack of strength. Because although many of the things that someone with PHD focuses on are admirable, being invisible hurts. Thank you for your help in reading and sharing this message. If you would like to take a questionnaire on PHD or read more about it, [click here](#). You can read more of Dr. Margaret on her website.

### Chapter 2 : What Is Perfectly Hidden Depression? | Perfectly Hidden Depression

*Lots of people walk through life trying to hide their depression. Some people with hidden depression can conceal their depression like pros, masking their symptoms and putting on a "happy face."*

In the spring of , I wrote a blog post that I hoped would be interesting – even engaging. Their emotional pain was difficult to reach, and if not paying attention, was easy to miss. They were smiling, talking about how funny they felt about coming in to see a therapist. They were highly engaged in the community, the church, or with their families, successful in almost everything they touched. Initially, they denied trauma or childhood problems. Or if they mentioned something, it was quickly discounted. A look of poignant relief would emerge from what had been a carefully crafted persona of perfectionism. And these very courageous people would reveal a long ago rape, or a refrigerator that had been full of beer, instead of food. The post was interesting all right. Whatever had occurred, whatever paths had led to the survival strategy of detaching from or even dissociating from emotional pain – whether or not they were intentionally erecting this barrier, or whether it had become so deeply entrenched that it was mostly unconscious – people began reaching out. Hundreds of emails poured into my inbox. What you can expect here on Psych Central! I am honored and delighted that, today, Psych Central will become a fresh place where we can further discuss and try to understand PHD. Brene Brown and Kristin Neff, whose work speaks directly to the power of vulnerability and self-compassion. There will be a questionnaire available for readers to take, to determine their score on the spectrum of PHD. If, as Andrew Solomon eloquently quotes , the opposite of classic depression is vitality, the opposite of Perfectly Hidden Depression is self-acceptance. They can do healing work around whatever trauma or loss occurred, and can begin to feel and express who they are in the moment, finally breathing a sigh of relief. They can begin to slowly connect with feelings of anger, fear or sadness that have been shut away or denied, but will be freeing to accept and work through. They can work with their loved ones in making whatever adjustments are needed to help them maintain this new emotional awareness and honesty. And they can confront their greatest fear that, if they show any vulnerability, that they will be seen as weak and incompetent. Hiding will no longer be necessary. The need to appear perfect? All but a painful memory. Whatever thought you risk challenging, whatever behavior you choose to tweak, or whatever emotion you begin to allow to surface has to be chosen with care. Or the fear of everything falling apart is too great. The suicide rate is dramatically increasing, both here in the United States and internationally. Studies showing a relationship between perfectionism and suicide are appearing. The pressure of social media seems to be having an effect, as teenagers report more depression, and their suicide rate is going up. She tragically died by suicide. No one should fall through the cracks. Maybe if we talk about it – perhaps if we give permission to one another to reveal struggles more openly, we can curb this tide. It could be Perfectly Hidden Depression. You can hear more about PHD and many other topics by listening to Dr.

**Chapter 3 : Do You Experience Perfectly Hidden Depression? Here's A Questionnaire | Perfectly Hidden D**

*I call it Perfectly Hidden Depression. If they enter therapy, they won't meet criteria for minor depression, or what is called dysthymia, because they will look far too confident, too well-connected, too into what they are doing.*

Some days you might feel low and at times you have your high. Other people feel generally miserable or unhappy without really knowing why. Listed here are few signs that could be possible indication that you or someone you know is suffering from depression. If you identify with several of the following signs, consider visiting a psychologist soon. Although feelings of hopelessness are common among individuals with clinical depression, they can be some of the most difficult feelings to experience. This can include feelings of dissatisfaction, failure, and a belief that nothing will get better. People suffering from depression often feel unhappy without any rhyme or reason. Constant irritability is also a symptom of depression seen in teenagers and children, one that could be written off as normal growing pains or teenage behaviour. We all have times when we feel a bit more introverted than usual, but when people have clinical depression, they can lose the sense of pleasure they used to get from their favourite activities or from engaging with others. This isolation can make it harder for friends and loved ones to see the other symptoms of depression a person may be exhibiting, which makes it more difficult to know when a person needs help. Marked changes in sleeping patterns, like insomnia or increased time spent sleeping, is another symptom of clinical depression. For some, this means an increase in appetite and possibly weight gain as a result. Others lose their appetite and struggle to eat much at all. In either case, a significant change is worth investigating. If you know someone who is always restless or is agitated without a specific reason, it is possible that the person is suffering from depression. Things like excessive worrying, pacing, hand-wringing or an inability to sit still could be one of the major signs of depression. People who are depressed may eventually become slow thinkers and will take longer to speak even a single sentences. Some might even experience slow body movements. A feeling of worthlessness or guilt is typically experienced by someone who is suffering from depression, although many people experience occasional feelings of guilt or worthlessness. This is the most serious symptom of depression. If you are experiencing suicidal thoughts, seek help or tell a trusted person in your life and ask for help. People with clinical depression often have memory issues that can add to their difficulties in maintaining day-to-day activities. Yes, depression can literally hurt. There is increasing recognition of the physical symptoms of depression, which include headaches, stomach pain, and back pain. One study found half of patients with depression from around the world reported unexplained physical symptoms. But because these physical symptoms are often vague or have no logical explanation, they can be missed as symptom of depression. For some, getting up seems nearly impossible. They may also find themselves spending unusual amounts of time in bed throughout the day, or having trouble with normal activities because of fatigue.

**Chapter 4 : Questionnaire: Do You Have Perfectly Hidden Depression? | The Mighty**

*If someone has hidden or undiagnosed depression, they might seem like they get random mood swings, depending on if their depression is consistent or not. To you (and to them, if they are undiagnosed), the changes in mood seem without cause, but it's simply how some people's depression manifests.*

Always there for you when you need her. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. You have seen her. Not overly done up. Has what looks like a good marriage, maybe a couple of kids. Maybe she has her own career outside of being a mom, maybe not. If she does, her life looks balanced. Still close with her parents. Maybe church-based, maybe not. Goes out with the girls. Talks about needing to lose a little weight. Maybe you are her. Or some version of her. Know someone like her. No one really sees her. A woman who is devoted to being a mom. Maybe someone who is more introspective. Less likely than others to be vulnerable. Or is she trapped? She might be a Perfectly-Hidden Depressed Person. Or almost perfectly hidden. We all develop a persona of how we handle ourselves in public. I myself have the persona of "jokester. People do other things. There are "wall huggers. Perfectly-hidden depressed people feel trapped by their own secrets. They finally may end in my office. My life is so blessed! I think I am just whining. You can have blessings in your life. And feel their weight. If I won the lottery, that would seem to be huge blessing. Would I also feel fear? If you are a great beauty, our culture would deem that a stupendous blessing. But would it be hard to garnish all that attention? They can involve anxiety at the same time. There is another extremely important aspect of PHDP. Frequently, something has happened before all these "blessings" occurred. Something painful that has never been healed or even addressed. That, coupled with the energy it takes to maintain the perfect-looking life? The PHDP needs understanding, coping and self-care strategies as much as the next guy. If not to a therapist, to one another. So please, count your blessings. This post was made extremely poignant in the last months. A well-known woman took her life in our community that apparently no one, or few, knew was struggling. My thoughts and prayers are with those who loved her and were loved by her. If you experience these feelings, please talk to someone. Send the post on if you know others who struggle with admitting fatigue or anxiety, or who are beginning to have even darker thoughts. As always, my gratitude for taking your time to read. Please comment below or send me a private message at askdrmargaret drmarginerutherford. Please be sure to include your name and phone number.

### Chapter 5 : 3 Ways to Hide Depression - wikiHow

*If classic depression is an absence of vitality, Perfectly Hidden Depression is an absence of self-acceptance. It is unacceptable to a person that they could be depressed. It is unacceptable to a person that they could be depressed.*

Basically, I was describing their characteristics, what struggles they had very painstakingly revealed to me. They needed me to wait, and let them gain enough trust of me and of therapy itself, before they would open up. In fact, it might be several weeks, or even months, into therapy, before I heard what was their realityâ€” what was underneath the polish and the smile that hid so very much. And gave them enough space to come forward. The specific work that was needed has taught me so much, and through this column, I want to share that knowledge with you, and learn even more from your comments and reactions. A group of behaviors or characteristics, beliefs or actions that appear together. In the second week, we heard descriptions and stories from actual people who had identified with my work on PHD. We discussed how someone with PHD over-utilizes this strategy of compartmentalization, and then gets stuck in either intentionally pretending, or more seriously in many ways, losing whatever ability they initially had as children to be open and vulnerable. Their actions are not about deceit. This defense is the only way they feel safe. Why is this important to identify? Because there are secrets. And where there are secrets, there is loneliness. Because there is little self-care or compassion for self. And where there is lack of compassion, there is criticism. What follows is a questionnaire for you to take, to help you identify, or not identify, with Perfectly Hidden Depressionâ€” Do you struggle with confiding in others â€” especially about your real-life difficulties and problems? That asking for help reflected weakness? Twelve or more positive responses may reflect the presence of PHD, or a depression that you deny or are unaware of. Lots of driven, accomplished people share these traits, or have these dynamics in their history. Often, they can lead to success and happiness. When many of them are present, you may be experiencing PHD.

### Chapter 6 : 13 hidden signs that tell you are suffering from depression

*Individuals with depression can hide it, fake it, and keep it to themselves. This makes it difficult for loved ones to recognize the symptoms and get the individual the professional help that they need.*

They believe that if they just continue living their life, the depression will just go away on its own. In a few cases, this may work. But for most folks, it just drags out the feelings of sadness and loneliness. They have unusual sleep, eating or drinking habits that differ from their normal ones. Sleep is the foundation of both good health and mental health. Others turn to food or alcohol to try and quash their feelings. Overeating can help someone who is depressed feel full, which in turn helps them feel less emotionally empty inside. Drinking may be used to help cover up the feelings of sadness and loneliness that often accompany depression. Sometimes a person will go in the other direction too – losing all interest in food or drinking, because they see no point in it, or it brings them no joy. They seem to always have a quick and ready excuse for not being able to hang out, go to dinner, or see you. They may talk more philosophically than normal. These might include the meaning of life, or what their life has amounted to so far. They may even open up enough to acknowledge occasional thoughts of wanting to hurt themselves or even thoughts of death. They may talk about finding happiness or a better path in the journey of life. These kinds of topics may be a sign that a person is struggling internally with darker thoughts that they dare not share. They may put out a cry for help, only to take it back. People with hidden depression struggle fiercely with keeping it hidden. Sometimes, they give up the struggle to conceal their true feelings and so they tell someone about it. They may even take the first step and make an appointment with a doctor or therapist, and a handful will even will make it to the first session. Seeking out help for their depression would be admitting they truly are depressed. That is an acknowledgment that many people with concealed depression struggle with and cannot make. Nobody else is allowed to see their weakness. They feel things more intensely than normal. A person with masked depression often feels emotions more intensely than others. They may look at things with a less optimistic point of view than usual. When a person suffers from depression, they may actually have a more realistic picture of the world around them and their impact on it. Increased anger and irritability – where a person appears to be angry and irritable at nearly everyone, all of the time – may be a sign of hidden depression. He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human behavior -- since Grohol sits on the editorial board of the journal *Computers in Human Behavior* and is a founding board member and treasurer of the Society for Participatory Medicine. You can learn more about Dr.

### Chapter 7 : Anxiety in Teens: The Hidden Signs of Teen Anxiety You Need to Know

*When you think of someone who has depression, you probably think of someone who sits alone in a quiet room, speaks very little socially, or is generally sad even when a situation calls for joy. However, there is a whole other group of people who may have depression that are flying under the radar.*

Take action Solomon is describing classic depression. This is when the smallest of tasks becomes intolerably and irrationally difficult to accomplish. People who are out there functioning in life, often extremely well. No one, not even him, sees him as depressed. If classic depression is an absence of vitality, Perfectly Hidden Depression is an absence of self-acceptance. It is unacceptable to a person that they could be depressed. Sometimes, even, that death will be welcome. The feelings are rigidly stored away in an almost inaccessible place in his mind, left to gather dust and be discounted. He hides behind a job well done or a family that looks perfect. He hides from the stigma that still exists. He exerts tremendous amounts of energy to look great to everyone who knows him, to be outwardly the epitome of success. Kevin Breel talks about it eloquently in this Ted Talk. This is not only a male problem. Plenty of women do the same thing. People with classic depression are overwhelmed by the loss or difficulty of their lives. They function far too well. They actively deny the importance of any pain. Therapy is different with these two problems. With classic depression, the goal is to help someone reconnect with their external world – to reengage with their families, their friends and their purpose, to stop the withdrawal and the implosion of their very being, and to ease the misery of thinking that can be filled with self-loathing and hopelessness. With Perfectly Hidden Depression, the goal is to help someone engage with their inner self – to acknowledge and work through their denial of pain – to aid in a reconnection with how their early experiences affected them, and to reassign their worth, not to what they accomplish, but to their own value. It makes you human. If this is you, please risk getting help. Or admitting it to yourself. You are worth it. You can read more of Dr. Find this story helpful? Share it with someone you care about. Margaret Rutherford is a clinical psychologist, who has practiced for over twenty years in Fayetteville, Arkansas. Since , her work has been found on her own website [http:](http://) Margaret has recently launched a podcast, SelfWork with Dr. Margaret Rutherford, where you can listen to her direct and down-to-earth advice.

### Chapter 8 : The Perfectly-Hidden Depressed Person: Are You One? | HuffPost Life

*8 Hidden Signs of Depression to Watch Out For Lauren Gelman Oct 01 Depression, especially milder cases, doesn't always involve crying or feeling obviously unhappy.*

### Chapter 9 : The Hidden Signs of Depression | SparkPeople

*13 hidden signs that tell you are suffering from depression Rest, relax and give yourself a chance to reboot. If you're doing intermittent fasting, avoid these five mistakes.*