

# The Storm in Someone's Mind

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## **How to cite this article (APA, 7th ed.):**

Caro, D. P. (2021). The storm in someone's mind. *ENLETAWA Journal*, 14(2), 135.

Depression has a great influence on the mental health of young people today. On the one hand, there are feelings and emotions that the person harbors in a strict way and that are evidenced especially through sadness. On the other hand, there are the physical, psychological, and social changes that lead to being distracted, thoughtful, and absent. All these changes on mental health influence relationships, especially family relationships and the level of commitment of the family that is involved in the change.

Mental health depends on feelings and emotions. Being able to express yourself to others is a difficult job, and it requires a lot of trust. That is why, many might be immersed in sadness because of disappointments of all kinds, but they prefer to keep to themselves and not talk about them because being "emotional" is only for the "weak". That is when realizing that you have no one around to help you with your inner conflicts locks you in your mind, and it seems like you will never get out of a storm.

Without thinking about it, from one moment to the next, we experience physical, psychological, and social changes. One's physical appearance will stop being important; the mind with its thoughts will be the guide for decisions. People in one's social circle will begin to see someone different, immersed in what clinically we know as depression. Everything will be a sudden change; many things will cease to be important, and, for society, he or she will just be another sick person.

Finally, all these changes influence mental health in a negative way. Social relationships are affected, especially family relationships, as one will begin to withdraw. This is when family will be the most important support in this process. The family adapts to the lifestyle of the person suffering from depression and supports him/her to the maximum. This is how depression can become temporary, as long as you have timely help and enough support. However, beware that those who live with depression live constantly in a storm of their own thoughts.

