

“Load Depression and Relevant Factors”

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Once upon a time, a little boy was watching the beautiful sunset and was enjoying every bit of nature's wonder and was thinking “What a wonderful life this is?”

It has been a long time; I hardly can imagine these sort of pure feelings knock in mind at recent times. I hardly can recall when last time I enjoyed the murmuring sound of raindrops which was once my childhood passion. Sometimes I'm trying to search for answers to the question, “What is missing out from my life?” I may be older now, but by heart I can't put myself into an older position, I still feel as young as before.

Well it is definitely not same like before. One of the killing factor hammering spontaneously which is clearly everybody could fill in this days is “stress”. Most human beings have certain capacities to handle situations of different degrees. Some can bear a big workload, some can't. The question is “What we really want to achieve ultimately?” Then we set a goal to achieve certain things in life. But “Is there any real set goal in these days?”

This sort of destabilising unlimited goals shaking the very fine line of mental momentum, which start to ticking up the stress level gauge even more higher. Consequently the whole stress scenario triggered to a certain point of psychological trauma called “load depression”.

My wife sometimes asks me very obvious question “When did you look at me passionately last time?” Well, I do not have an honest answer to that question. I am not a psychologist or any sort of expert on mental health but what I learned from my experience which has really become an asset to me.

Sometimes I tell my wife to get out from this monotonous life and go somewhere to get a little rest or pause to this unstable life. But nobody dares to break that ongoing cycle of stress and depression. Despite all these ups and downs in life, all the failures and achievements, sometimes a very obvious sound drumming up to the heart “Am I a failure human being or a successful block?” I don't think success will be easy to achieve as long as somebody is happy to recognize total contents of life and draw a line to the goal in some point. In this mechanical world everybody is running towards a non-satisfying hallucination to achieve never ending target. What my understanding is, this never ending non satisfying target would ultimately lead us to the world of black dark load depression.

No matter what we achieve in bigger or smaller degree, if there is no fine line drawn between our achievement or satisfaction, this mechanised world would one day wipe out some of the foundation of human characteristics like passion, love and respect.