At the same time, caregivers should not silently absorb their own discomfort. If someone feels that another person's depression is affecting them, sharing that discomfort with a trusted person can be helpful. However, confidentiality must also be respected, particularly when the person is acting as a caregiver. Supporting someone does not give us permission to disclose their private struggles without considering their dignity and privacy.

RECOGNISING THE WARNING SIGNS

The warning signs can sometimes become surprisingly similar. According to Hamid, when emotional distress becomes strongly mirrored between a depressed person and their caregiver, the caregiver may begin experiencing symptoms such as losing interest in activities they previously enjoyed, changes in sleeping patterns, significant changes in appetite, social withdrawal and persistent negative thoughts about themselves.

These changes should not simply be dismissed as the price of caring for someone. If a caregiver feels that another person's depression is gradually consuming their own emotional wellbeing, early intervention is important. Seeking professional guidance at the primary level can help the caregiver understand what they are experiencing and develop healthier ways of supporting the other person without sacrificing their own psychological wellbeing.

THE DIGITAL SPREAD OF EMOTIONAL DISTRESS

Technology has added another dimension to this emotional influence. We are increasingly individualised while remaining deeply connected through technology, particularly social media. Emotional states can now travel far beyond close personal relationships. A person's posts, videos or public expressions of distress can reach thousands or even millions of people, potentially influencing the emotions of audiences who have never met them.

Consider a social media influencer openly expressing their experience with depression. If that content reaches hundreds of thousands of followers, a portion of that audience may emotionally identify with the person's experience. For some viewers, particularly those already struggling emotionally, such content may become triggering. What begins as one person's personal experience can therefore have a much wider emotional impact in the digital environment.

This does not mean people experiencing depression should hide their stories or remain silent. Sharing personal experiences can reduce stigma and encourage people to seek help. The concern is about how audiences consume and respond to emotionally intense content. Social media users should recognise that repeatedly consuming another person's distress can affect their own emotional state, particularly when they already feel vulnerable.

EMPATHY WITHOUT ABSORBING THE PAIN

Supporting someone with depression requires more than empathy. It requires boundaries, awareness and, when necessary, professional help. We can listen without absorbing, care without carrying, and support without trying to become the person responsible for another's recovery. As Hamid explains, we need to acknowledge another person's feelings without taking ownership of their suffering. Sometimes, protecting our own emotional well-being is also part of being able to care for someone else.

By Farhana Faiza
Photo: Collected

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Organise overdue tasks. Plan a relaxed outing with loved ones. Addressing unresolved issues could bring personal healing. Your lucky day this week will be Tuesday.



TAURUS
(APR. 21-MAY 21)

Make time for hobbies. Nurture your relationships. Appreciate the comforts and beauty you have created. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUN. 21)

Stay patient with workplace confusion. Maintain sustainable wellness routines. Explore creative ideas that could develop into promising projects. Your lucky day this week will be Wednesday.



CANCER
(JUN. 22-JUL. 22)

Review unnecessary expenses. Declutter your living space. Make room for creative pursuits and activities that bring you joy. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

Reconsider what makes you feel secure. Explore your family roots. Spending time outdoors could help restore your sense of balance. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Approach responsibilities with confidence. Stay adaptable when plans change. Pay attention to everyday experiences that offer unexpected insights. Your lucky day this week will be Thursday.



LIBRA
(SEP. 24-OCT. 23)

Review your financial priorities. Challenge fears surrounding new opportunities. Set practical goals to build greater long-term stability. Your lucky day this week will be Friday.



SCORPIO
(OCT. 24-NOV. 21)

Explore emerging career opportunities. Seek advice from trusted allies. Challenge self-doubt before allowing fear to influence important decisions. Your lucky day this week will be Tuesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Complete overdue work. Reconnect with friends. Prioritise rest and reflection over the weekend to restore your energy. Your lucky day this week will be Saturday.



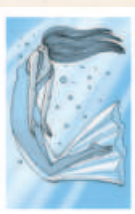
CAPRICORN
(DEC. 22-JAN. 20)

Reconsider your long-term ambitions. Reassess friendships and support networks. Let go of limiting beliefs that prevent personal growth. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

Reconsider professional expectations. Seek balance in relationships. Honest conversations can help strengthen connections and support your ambitions. Your lucky day this week will be Sunday.



PISCES
(FEB. 20-MAR. 20)

Explore travel possibilities. Discuss future adventures with loved ones. Research destinations that could turn your dreams into reality. Your lucky day this week will be Thursday.

