Kate Pinegina

"I always say shopping is cheaper than a psychiatrist"

Tammy Faye Bakker

Essay

Nowadays, with increasing frequency great stress or adversity, people are looking for ways to solve their problems and in this case they consult a psychiatrist. But psychiatrist asks very expensive questions, doesn`t he? In order to present this problem, let me begin with a famous quote "I always say shopping is cheaper than a psychiatrist" Tammy Bakker.

To begin with, I can confidently say that there are too many things which can be the key to depression recovery. For example: **try to keep up with social activities or better turn to friends and family members, they can be your own** psychiatrists**. In fact, almost all women can confirm that one of the best ways to relieve your stress is shopping .** Treating yourself to something nice at the shops apparently has a positive impact on mood.

**However, shopping also requires a certain amount of money but often even a small cheap thing can bring you a great pleasure. Imagine such a situation : It`s raining now , you are alone at home , bad mood but suddenly you see on the table a kinder-surprise which you have bought this morning. After that you are happy(strange example maybe because I`m a candy girl) .**

**As for visiting a** psychiatrist**. In my opinion, there are a number of weaknesses in it . Firstly, it is always expensive. Secondly , you can have a sense of shame and fear and because of it you can`t express your feelings so doctor can`t help you not understanding the core of the problem. So, it`s simply a waste of time and money.**

**All in all , for some people the help of** psychiatrists **is a really good idea but my advice is when you feel bad try to do things you enjoy, for example go shopping.**