CLINICA family health

Depression

Symptoms of depression

You may have some of these symptoms every day, all day, for 2 weeks or longer:

- No interest or pleasure in things you used to enjoy
- Feeling sad or empty
- Crying easily or crying for no reason
- Feeling slowed down or feeling unable to sit still
- Feeling worthless or guilty
- Weight gain or loss
- Thoughts about death or suicide
- Trouble thinking, remembering things or focusing on what you're doing
- Trouble making everyday decisions
- Problems sleeping, or wanting to sleep all of the time
- Feeling tired all of the time
- Feeling numb emotionally

What causes depression?

- It may be related to a chemical imbalance in the brain
- It may be genetic (run in families)
- It may be linked to stressful events, such as a death or a job loss.
- It may be from taking certain medicines, using drugs or alcohol, or having other medical conditions
- People with health conditions such as diabetes are more at risk for depression
- Personal weakness, laziness or lack of willpower does not cause depression

How is depression treated?

- Depression can be treated with medication, therapy, and/or behavioral changes

Dos and Don’ts of depression:

- Do exercise every day
- Do eat healthy meals and get enough sleep
- Do take your medicine and consider therapy
- Do set small goals for yourself
- Do encourage yourself and have compassion for yourself
- Do access social supports
- Do participate in activities
- Do get outside in the sun
- Do call someone if you start thinking about suicide
- Don’t be alone - stay in touch with friends and family
- Don’t make major life decisions
- Don’t blame yourself for the depression
- Don’t give up
- Don’t use alcohol or drugs