

Depression

Depression is a common condition in which people experience sadness, tension, frustration and often break down emotionally. Depression can differ in seriousness, and the types of symptoms a person may experience. Family history, job status, and marriage status are just a few things that can play a role in a person's depression.

Symptoms of Depression

- Loss of interest in Activities
- Isolation from Family
- Loss of Appetite
- Isolation from Friends
- Difficulty Falling Asleep
- Low Self-Esteem
- Difficulty Staying Asleep
- Trouble Focusing
- Physically Tired
- Suicidal Thoughts
- Emotionally Tired
- Headache

Suggestions for Dealing with Depression

- Seek out a doctor so your symptoms can be checked, and medication can be prescribed if necessary
- Exercising regularly can improve mood and build self esteem
- Talk to a counselor or someone you trust to talk about your problems and give advice on how to cope
- Talk to others who may be having the same types of experiences you are to decrease isolation
- Antidepressant Medication
- Electroconvulsive Therapy
- Maintaining a Healthy Diet
- Try something new that you normally wouldn't do
- Set goals for yourself.

Depression comes in many shapes and forms. Keeping a positive attitude and working everyday towards a goal will help get your life back on track

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