

# Depression Quick Facts & Management

**Depression** is a common psychological condition that impacts the way we feel, think, and behave. It is characterized by: low/sad mood, loss of interest in various activities, and a decline in our ability to function.

Depression is biological in that it involves various chemicals in our brain, these chemicals include: Serotonin, Dopamine, and Norepinephrine. When these chemicals are off balance, they may cause or contribute to symptoms of depression. Other causes of depression may vary from: situations, circumstances, environment, genetics, life experiences, stress, grief/loss, change, or other distressing life events. As humans, it is not uncommon to experience depressive episode, however it should be noted that experiencing a depressive episode **DOES NOT** automatically indicate a depressive disorder.

## SYMPTOMS OF DEPRESSION

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| <ul style="list-style-type: none"> <li>• Sadness/Low mood</li> <li>• Lack of motivation</li> <li>• Fatigue/Low Energy</li> <li>• Isolation</li> <li>• Irritability</li> <li>• Loss of interest in things you once enjoyed</li> </ul> | <ul style="list-style-type: none"> <li>• Significant &amp; unintentional changes in weight</li> <li>• Poor Sleep hygiene (too much or too little)</li> <li>• Feelings of hopelessness/worthlessness</li> <li>• Difficulty concentrating, thinking, or making decisions</li> <li>• Dysregulated Appetite (overeating/under eating)</li> <li>• Suicidal thoughts or behaviors</li> </ul> |
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Depression can be treated in a number of ways, some primary methods include: facilitating change in behaviors, thoughts, or circumstances; attending therapy is another method, as well as taking medication. These methods may be most effective when used together, but they may work just as well when used independently. The best method for you may depend on your symptoms, contributors to your depression, and other life factors. Here are some practical & natural ways to help yourself when experiencing symptoms of depression.

## TIPS FOR MANAGING DEPRESSION

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| <ul style="list-style-type: none"> <li>• <b>Journaling</b></li> <li>• <b>Voice Memos</b></li> <li>• <b>Get Sunlight</b></li> <li>• <b>Cool Showers</b></li> <li>• <b>Eat nutritious foods</b></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Get good sleep</b></li> <li>• <b>Exercise or Move Your Body</b></li> <li>• <b>Practice self-compassion</b></li> <li>• <b>Get Outdoors</b></li> <li>• <b>Drink plenty of water</b></li> </ul> |
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