

# Depression

## What is Depression?

- Ongoing difficulties or problems in our life can change the way we would normally think and respond to a situation.
- Depression is a state of mind where we have lost interest or pleasure in the things we do and feel things are hopeless at times.
- Depression can cause us to think negatively about ourselves, the future and the world around us.
- These thoughts can result in us treating ourselves badly, having no interest or plans for the future and damaging our relationships with the friends and family around us.

## How does it change my thoughts?

"I'm useless"

"I'm a failure"

"I've let everyone down"

"There is no point to life"

"I'll never feel happy again"

"Everything always goes wrong"

"No one likes me"

"Everyone blames me".

## How does it change what I do?

- We stop sleeping or eating properly, making us feel tired and unmotivated.
- We stop seeing friends and family, making us tearful, withdrawn and quiet.
- We stop doing pleasurable activities and change our daily routine and lifestyle.
- We stop being able to cope with difficult situations or changes in our life.

## What can I do to help me feel better?

- Problem Solving - breaking a problem into small steps so you can tackle one thing at a time.
- Spend time doing light exercise – a healthier body works better.
- Do little things that boost how you feel; increasing pleasure in your life increases motivation.
- Plan activities in advance to give you something to look forward to.

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