

# YOU CAN BRING THE JOY OF LIVING BACK INTO YOUR LIFE!

## DEALING WITH DEPRESSION



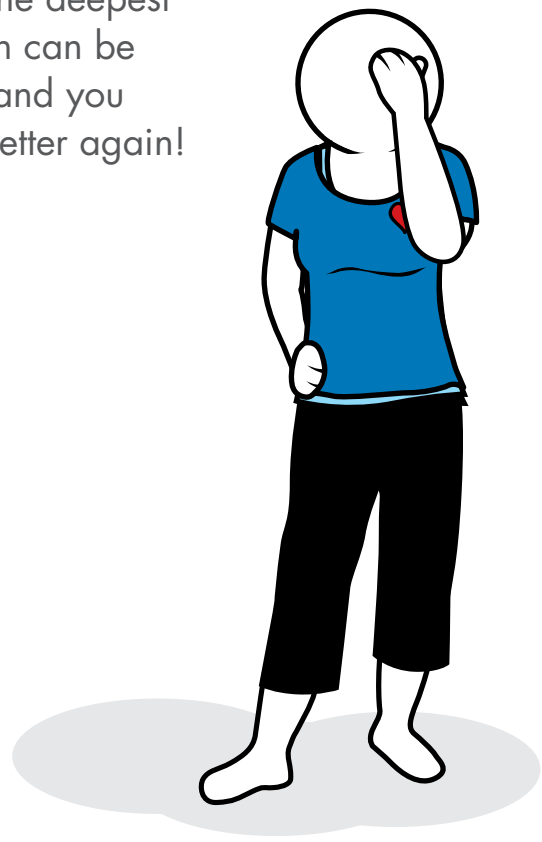
Destination >>> Health



### WHAT IS DEPRESSION?

Everyone feels sad at times – it's a normal part of life. But if sadness is making it hard for you to get through your days, you may be struggling with depression.

Depression is not a sign of weakness or something to be ashamed of. Depression is an illness that affects your mind and body – and you can't just "snap out" of it. But even the deepest depression can be treated – and you can feel better again!



### SYMPTOMS OF DEPRESSION

Depression is not just feeling sad. Different people have different symptoms. Symptoms may include:

- Feeling sad, anxious, or "empty"
- Feeling worthless, guilty, or hopeless
- Having no energy; feeling tired all the time
- Having body aches and pains with no known cause
- Not being able to concentrate, think clearly, remember details, or make decisions
- Feeling restless or irritable
- Not sleeping, or sleeping too much
- Having no appetite/losing weight, or overeating/gaining weight
- Losing interest, or finding no pleasure in things once enjoyed
- Having thoughts of death or suicide

If you have had some of these symptoms most of the day for at least two weeks, you should talk with your Doctor as soon as you can.

### WHAT CAN I DO?

Don't put off asking for help. There are many treatment options that can help you manage depression. Your Doctor may prescribe medicine or refer you to therapy. There are also lifestyle changes you can make. Start with a few small goals, then try doing a little more each day.

- ♥ Talk to someone you trust about how you're feeling.
- ♥ Join with others to do things you enjoy – hobbies, sports, day trips, making art or music.
- ♥ Try to sleep between seven and nine hours each night.
- ♥ Exercise! Even a 10-minute walk can boost your mood.
- ♥ Eat small, well-balanced meals throughout the day.
- ♥ Avoid alcohol and drugs. These can make your depression worse.
- ♥ Get some sun for at least 15 minutes a day.

**Most of all**, be patient and don't give up. With time and the right treatment, you will start to feel better.

### RESOURCES

**National Institute of Mental Health**  
<https://www.nimh.nih.gov/health/publications/depression>

*The better you understand depression, the clearer your path to health will be.*

**Mayo Clinic**

<http://www.mayoclinic.org/diseases-conditions/depression/basics/definition/con-20032977>

*Learn more about depression from this worldwide leader in medical care and research.*

**Suicide Prevention Lifeline**  
**1-800-273-8255**

*(24/7 free support for people in distress)  
No matter what you are dealing with, find a reason to keep living!*

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