



DEPRESSION

More than just having the blues

What is depression?

Depression is a **common** medical illness that negatively affects how you think, feel, and behave. It is more than just feeling down; it is a mood disorder that causes persistent sadness and loss of interest in previously rewarding or enjoyable activities. Depression is a leading cause of disability worldwide as it can lead to various emotional and physical problems, such as disturbed sleep, concentration, and appetite.

The effects of depression can be long-lasting, come and go, and, if left untreated, can affect a person's ability to live a rewarding life.

HAVING DEPRESSION IS **NOT** A SIGN OF WEAKNESS

DEPRESSION IS A REAL ILLNESS THAT NEGATIVELY AFFECTS HOW YOU THINK, THE WAY YOU FEEL AND HOW YOU BEHAVE



BODY

Stomachaches, cramps, constipation, fatigue, aches and pains, weakened immune system, weight fluctuations



THOUGHTS

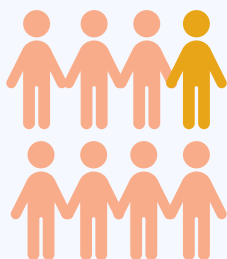
Feeling inadequate, hopeless, wanting to die, hard to concentrate, preoccupied with other thoughts, pessimistic thinking



BEHAVIOR

Staying inside a lot, loss of interest in activities, withdrawal from people, not replying back to others, unable to cope with daily activities

As many as 1 in 8 people will develop depression in their lifetime



"I felt like I was trapped in a dark deep hole and the light at the end kept getting further and further away. I felt trapped and alone until I finally started talking to someone about how I felt."

HAVING DEPRESSION IS **NOT**

A CHOICE

AN OVERREACTION

A CHARACTER FLAW

BEING STUCK IN A RUT

ITS NEVER TOO LATE TO START TALKING

THE CAUSE OF DEPRESSION

Research suggests many possible causes of depression, including faulty mood regulation by the brain, genetics, personality type, and stressful life events.

It's believed that there is no single cause of depression (such as missing the happy gene), and sometimes several of these forces interact to bring depression. Everyone's causes and triggers are different.



DEPRESSION IS NOT CAUSED BY

Laziness
Weakness
The inability to 'suck' it up

THE ENVIRONMENT



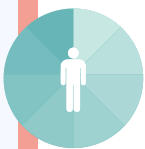
Environmental factors include any stressful life events or situations, for example, death, trauma, natural disasters, getting sick, abuse or even pollution.

BRAIN CHEMISTRY



Many people get confused about their cause. They feel that they don't have "a reason" to feel that way. Some people, lack substances in the brain (called neurotransmitters) could contribute to depression.

PERSONALITY TYPE



Certain personality types are more at risk of developing depression than others, such as low self-esteem and being too dependent, self-critical, or pessimistic.

THOUGHTS



Negative thinking patterns can, over time, lead to depression. Experts have identified several cognitive distortion patterns that can cause depression.

ACTIONS/BEHAVIOR



Preferring to be alone, withdrawing, spending too much time on social media or playing video games. Being inactive or even having poor self care can all contribute to depression.

GENETICS



Some research indicates that someone with a first-degree relative diagnosed with depression could be three times more likely to be diagnosed with depression in their lifetime compared to the general population.

UNDERSTANDING YOUR DEPRESSION



Depression has many possible causes. Use this worksheet to reflect on and explore the factors that may have contributed to your depression. You may have many for one category and none for others. There is no right or wrong answer.

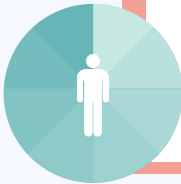
THE ENVIRONMENT



BRAIN CHEMISTRY



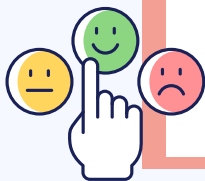
PERSONALITY TYPE



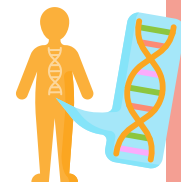
THOUGHTS



ACTIONS/BEHAVIOR



GENETICS





THE DEPRESSION

ICEBERG



WHAT YOU SEE

STRUGGLING TO GET OUT OF BED



LOW MOOD



WEIGHT CHANGE



WITHDRAWAL



CRYING



NUMB



HOPELESS



CONCENTRATION DIFFICULTIES



GRIEF



GUILT



LONELINESS



INTRUSIVE THOUGHTS



WHAT YOU DON'T SEE

SHAME



LOW SELF WORTH





THE DEPRESSION ICEBERG



The iceberg theory is a model that represents the idea that, although depression is displayed outwardly, other emotions may be hidden beneath the surface; just like an iceberg, you can't see the full magnitude of what is hidden below the surface.

The behavior you see is "the tip of the iceberg"-- what you don't see are the emotional, social, and other factors that lie beneath the surface and cause that behavior.

WHAT YOU SEE



WHAT YOU DON'T SEE

FILL IN YOUR OWN ICEBERG

- | | | | | |
|-----------------------|-------------------|-----------------|----------------|----------|
| Sleepiness | Suicidal thoughts | Memory problems | Crying | Numb |
| Fatigued | Hopeless | Low appetite | Giving up | Grief |
| Low energy | Loneliness | Big appetite | Poor hygiene | Anger |
| Lack of concentration | Shame | Withdrawal | Low confidence | Insomnia |
| Self harm | Guilt | Addiction | Anxiety | Tremors |



SYMPTOMS OF DEPRESSION



PHYSICAL SYMPTOMS

- MUSCLE PAINS
- NAUSEOUS
- HEADACHES
- BACKACHES
- HIGH BLOOD PRESSURE
- BLOATING
- STOMACH PAINS
- SICK AND RUN DOWN
- ALWAYS GETTING SICK
- WEIGHT LOSS
- CHEST PAIN

THOUGHTS

- "LIFE IS NOT WORTH LIVING"
- "NOTHING GOOD EVER HAPPENS TO ME"
- "I'M WORTHLESS"
- "NO-BODY CARES ABOUT ME"
- "I'M INVISIBLE IN THIS WORLD"
- "I'D RATHER BE ALONE"
- "EVERYONE WOULD BE BETTER OFF WITHOUT ME"

BEHAVIOR

- WITHDRAWAL
- BAD HYGIENE
- SLEEP DISTURBANCES
- CHANGES IN PERSONAL APPEARANCE
- NOT CALLING OR TEXTING PEOPLE BACK
- NOT DOING THINGS THAT YOU ONCE ENJOYED
- LACK OF EXERCISE
- MOVING MORE SLOWLY

FEELINGS

- OVERWHELMED
- HOPELESS
- EMPTY
- NUMB
- FRUSTRATED
- ANGRY
- IRRITABLE
- SADNESS
- GUILT
- GRIEF
- WORRY

SYMPTOMS OF DEPRESSION

CHECKLIST



PHYSICAL SYMPTOMS

TICK ANY THAT YOU RELATE TO

- MUSCLE PAINS
- NAUSEOUS
- HEADACHES
- BACKACHES
- HIGH BLOOD PRESSURE
- BLOATING
- STOMACH PAINS
- SICK AND RUN DOWN
- ALWAYS GETTING SICK
- WEIGHT LOSS
- CHEST PAIN

THOUGHTS

HIGHLIGHT ANY THAT YOU RELATE TO

- "LIFE IS NOT WORTH LIVING"
- "NOTHING GOOD EVER HAPPENS TO ME"
- "I'M WORTHLESS"
- "NO-BODY CARES ABOUT ME"
- "I'M INVISIBLE IN THIS WORLD"
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BEHAVIOR

TICK ANY THAT YOU RELATE TO

- WITHDRAWAL
- BAD HYGIENE
- SLEEP DISTURBANCES
- CHANGES IN PERSONAL APPEARANCE
- NOT CALLING OR TEXTING PEOPLE BACK
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- LACK OF EXERCISE
- MOVING MORE SLOWLY

FEELINGS

TICK ANY THAT YOU RELATE TO

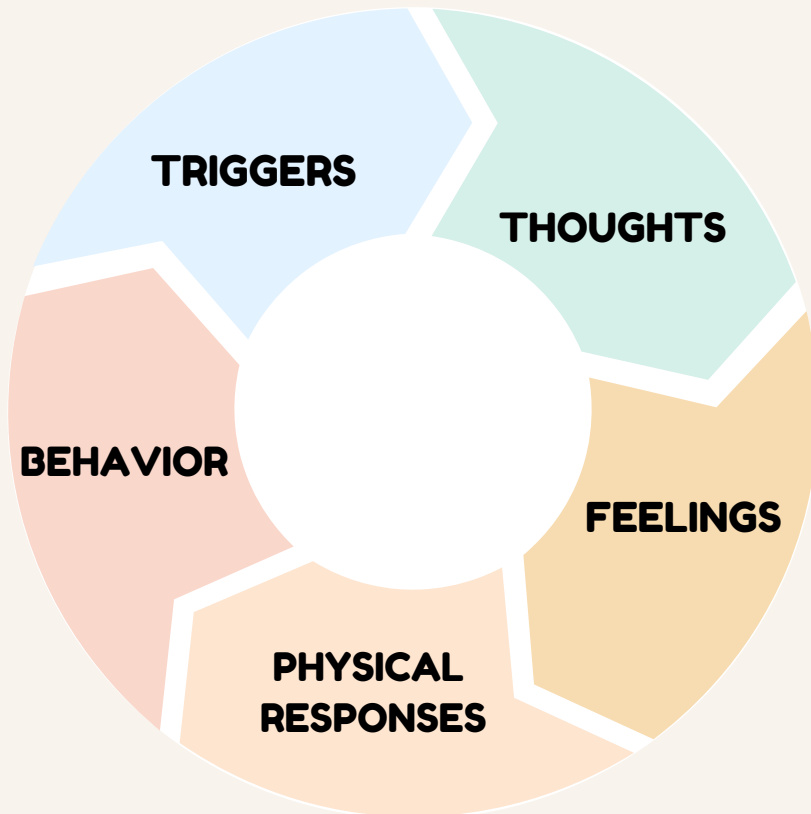
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- EMPTY
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- ANGRY
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- SADNESS
- GUILT
- GRIEF
- WORRY

THE CYCLE OF DEPRESSION



Individuals living with depression may feel like they are constantly drained of energy, motivation, and hope; this can drastically affect their life, daily routines, and behavior. Unfortunately, it's these changes that make their depression worse and prevents them from getting better.

Take a look at the depression cycle below.



TRIGGERS

A trigger is any event or situation that causes stress or hardship. These may be short-term or long-term. And are different for everyone.

For example;
Breakups, death, work/school or hormones are common triggers.

THOUGHTS

Triggers often lead to negative thinking and thoughts, which may be irrational or magnified.

For example, "I always stuff everything up," "Nobody likes me," or "I'm hopeless."

FEELINGS

How we think will affect our thoughts and feelings, and vice versa. How we feel will affect how we think.

For example, "I am useless," therefore I feel hopeless. I feel hopeless, therefore "I am useless."

PHYSICAL RESPONSES

Depression affects more than just moods; the body responds to triggers, and negative feelings, with physical symptoms. For example, some common physical responses are muscle pains, headaches, backaches, and nausea.

BEHAVIOR

How we respond to those thoughts, feelings, and symptoms can feed our depression and worsen triggers or create new stressors—for example, withdrawal, addiction, and lack of hygiene.

REVERSING THE CYCLE OF DEPRESSION



Individuals suffering from depression often get caught up in the downward spiral and don't realize they have the power to create change and reverse the cycle of depression. Reversing this cycle begins by using healthy coping mechanisms, such as positive self-talk, exercising, socializing, and much more.



HAPPIER FEELINGS

Positive emotions can undo the physical effects of stress and help our nervous systems calm down. For example; Gratefulness, learning, kindness, and giving.



INCREASE ACTIVITY

Exercise and other physical activities help reduce the signs and feelings of depression. Exercise can instantly increase your mood, making you happier than before you engaged in the practice.



FEELING MORE HOPEFUL

Training your brain to think more positive thoughts is a handy tool in helping beat the cycle of depression. Changing your negative thoughts into more positive ones can train your brain to think and feel more hopeful.

IMPROVED DEPRESSION

Engaging in more healthy coping skills daily will eventually positively impact your feelings, thoughts, and depression. At first, you might not feel any different, but if you stick with it, you will eventually see a positive change within yourself.

GREATER ENERGY AND MOTIVATION

As depression affects your energy and motivation, you will see an increase in your energy levels when you feel happier within yourself. Use this increase to create even better habits and changes in your life for long-term success.



ACCOMPLISHMENTS



When we think of accomplishments, we often think of big life moments. Anyone Celebrating all achievements, big or small, should be implemented in their everyday lives. All of your accomplishments are impactful to your success and deserve to be acknowledged.

THINGS I'M GOOD AT

- _____
- _____
- _____

COMPLIMENTS I HAVE RECIEVED

- _____
- _____
- _____

WHAT I LIKE ABOUT ME

- _____
- _____
- _____

CHALLENGES I HAVE OVERCOME

- _____
- _____
- _____

I'VE HELPED OTHERS BY

- _____
- _____
- _____

I'M A GOOD FRIEND BECAUSE

- _____
- _____
- _____

MY BIGGEST ACCOMPLISHMENTS

- _____
- _____
- _____

THINGS THAT MAKE ME UNIQUE

- _____
- _____
- _____

REFRAMING THOUGHTS

Our thoughts determine our behavior. Therefore, it is essential to have positive thoughts. Try and change negative thinking into more positive, productive thinking.

Instead of..

Try..

Everyone is going to stare at me



People might look at me because they like my outfit

What if I make a mistake



I wont know anyone at the party



I don't want to do this



No body at school likes me



I am a failure



I am going to come last





SPEAK KINDLY TO YOURSELF



**I AM
ENOUGH**

**I BELIEVE
IN ME**

**I AM
WORTHY OF
LOVE**

**I TAKE
CARE OF
MYSELF**

**I AM IN
CHARGE OF
MY DESTINY**

**IT'S OK TO
MAKE
MISTAKES**

**I
AM
BEAUTIFUL**

**I CAN DO
HARD
THINGS**

**I MAKE
PEOPLE
SMILE**

**I'M FLAWED
AND STILL
FABULOUS**

**I AM SO
LOVED**

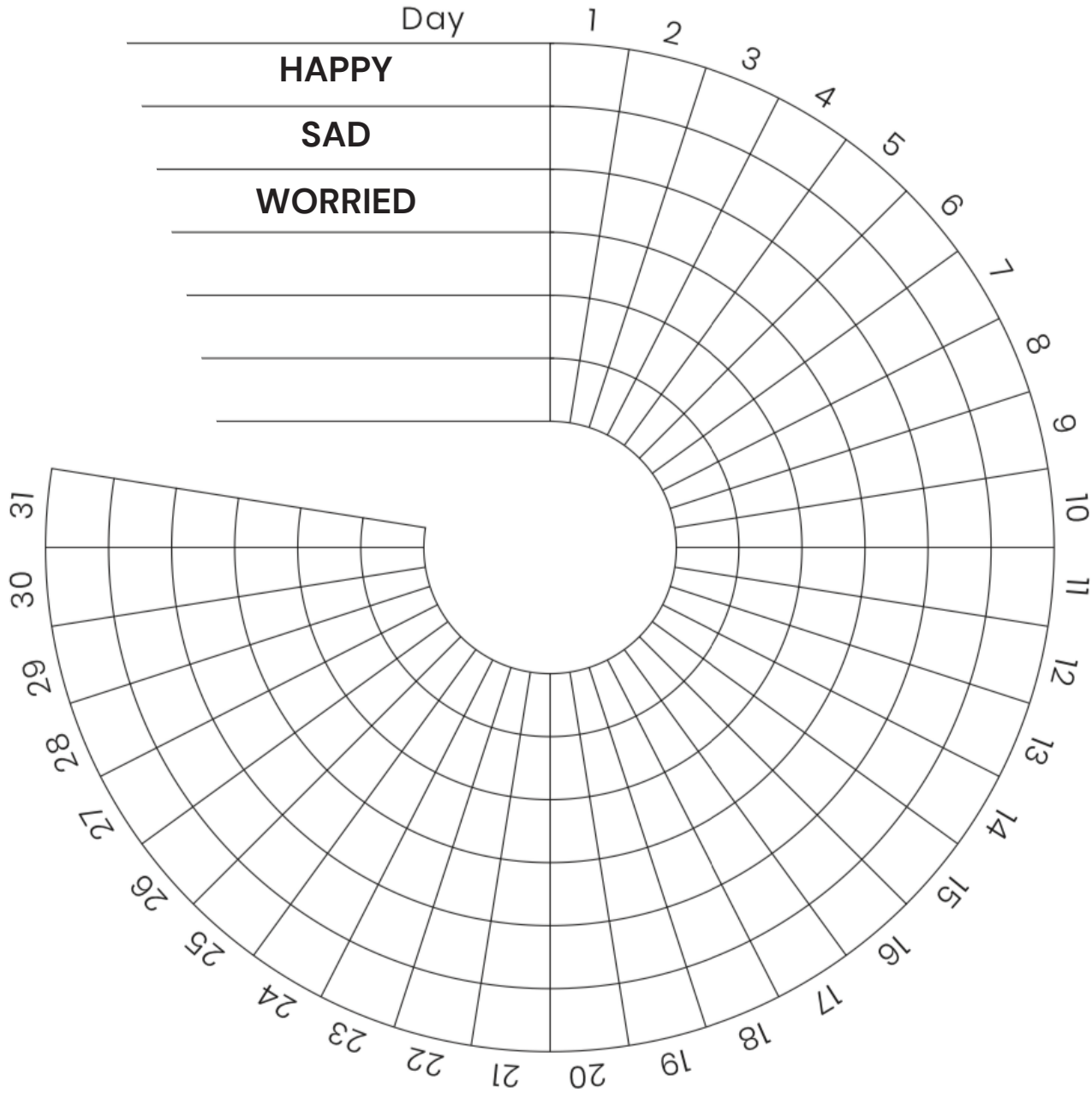
**I AM A GOOD
PERSON**

**I AM
BRAVE**

**TODAY IS
MY DAY**

FEELINGS TRACKER

This feelings tracker will help you to keep track of how you are feeling each day. If you felt the below feeling throughout the day, color in the appropriate space, you may feel one feeling a day or more. There are 3 empty spaces for you to add your own.



NOTES

DEPRESSION TRIGGERS



Stressful or unfamiliar situations and events that cause fear, worry, or unease are what people call depression triggers. In addition, specific situations or actions may cause depression, such as social media, break ups, death, social events, etc. Everyone's triggers may be different. However, it is essential to recognize your triggers.

WHEN THIS HAPPENS

Blank space for writing when the trigger occurs.

THIS IS WHAT I THINK

Blank space for writing thoughts.

WHEN THIS WHAT I FEEL

Blank space for writing feelings.

WHAT I CAN DO IN THIS EVENT TO REDUCE MY DEPRESSION

Blank space for writing coping strategies.

Depression Action Plan

BEHAVIOUR

INCREASE

REDUCE/STOP

HOW WILL THIS MAKE ME BEHAVE DIFFERENTLY?

THOUGHTS

INCREASE

REDUCE/STOP

HOW WILL THIS MAKE ME BEHAVE DIFFERENTLY?

FEELINGS/EMOTIONS

INCREASE

REDUCE/STOP

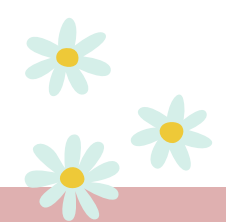
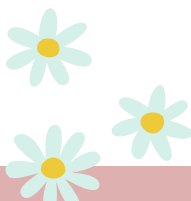
HOW WILL THIS MAKE ME BEHAVE DIFFERENTLY?

"Feeling upset about something outside of your control is like sitting on a rocking chair....

It gives you something to do, but it doesn't get you anywhere"

Things I can NOT control

- So I can let Go of these things





HAPPY CHEMICALS

AND HOW TO ACCESS THEM

Dopamine

The Reward Chemical

- Completing a task
- Eating food
- Doing self care activities
- Celebrating small wins
- Achieving goals

Oxytocin

The Love hormone

- Playing with a pet
- Physical affection
- Give a compliment
- Do something nice for someone
- Hugging your family

Serotonin

The Mood Stabilizer

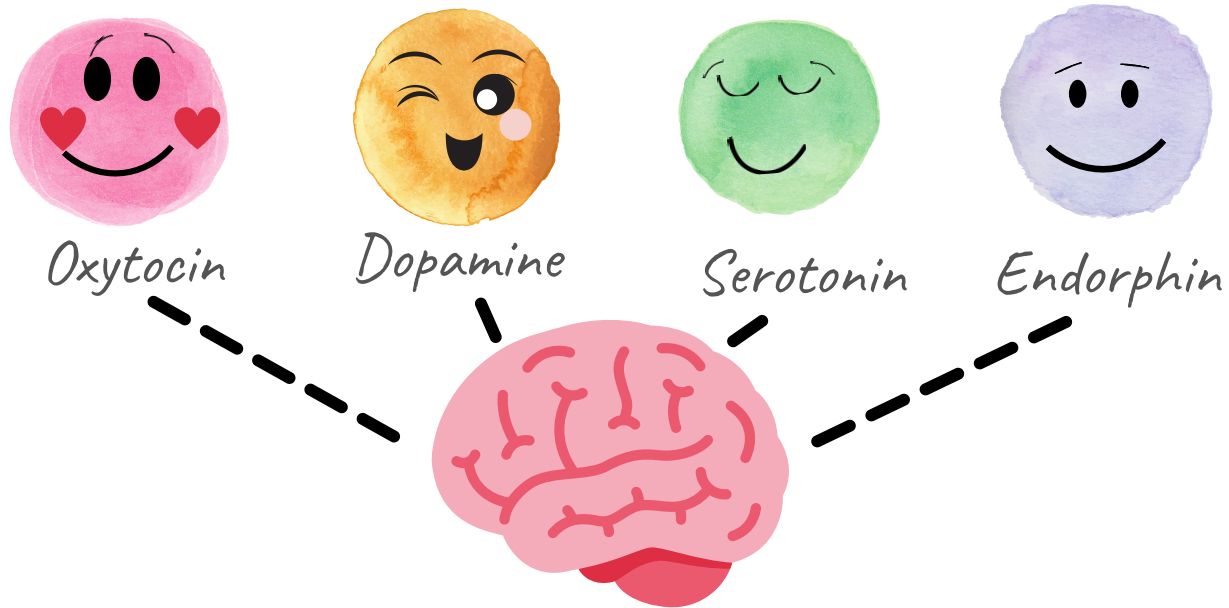
- Meditate
- Swimming
- Walk in nature
- Spend time in the sun
- Mindfulness activities

Endorphin

The Pain Killer

- Laugh
- Watch a funny movie
- Eat dark chocolate
- Essential oils
- Exercise

HELPING YOUR DEPRESSION WITH THE 'HAPPY CHEMICALS'



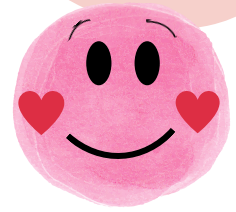
What are they?

Different glands across your body produce chemicals; they travel through the bloodstream, acting as messengers and playing a part in helping regulate your mood.

Certain chemicals help promote positive feelings, including happiness, joy, and pleasure.

Four primary chemicals, known as 'The Happy Chemicals,' dopamine, oxytocin, serotonin, and endorphins, can drive the positive emotions you feel throughout the day.

ACCESSING THE 'LOVE HORMONE'



OXYTOCIN The Love hormone

Oxytocin is the happiness chemical that helps us feel loved and connected to others.

Oxytocin is known as the love chemical as it is released when we have human-to-human contact, such as hugging and kissing,

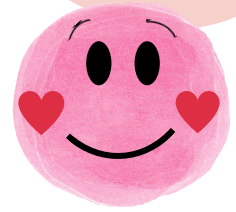
It is also released when we feel trust. Social trust feels good because social alliances promote survival.

There are several things that you can do to help release oxytocin, such as

- Yoga
- Listening to music
- Getting or giving a massage
- Spending time with friends
- Engaging in conversations

Write down 3 ways in which you could help release Oxytocin, try and be specific, how will you do it, where, when and with who?

ACCESSING THE 'REWARD CHEMICAL'



DOPAMINE The Reward Chemical

Dopamine is often known as the reward or pleasure chemical; this chemical is released during activities considered pleasurable, such as exercise or eating. It rewards us with a hit of happiness and also when we expect a reward. It's that exciting feeling we get when we are about to be rewarded.

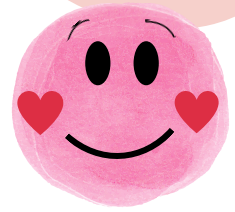
It accesses several brain areas and can affect many functions, such as memory, learning, behavior, and movement.

There are several things that you can do to help release dopamine, such as

- Completing tasks
- Eating your favorite food
- Practicing self-care
- Celebrating small achievements
- Setting goals and working toward them

Write down 3 ways in which you could help release Dopamine, try and be specific, how will you do it, where, when and with who?

ACCESSING THE 'PAIN KILLER'



ENDORPHIN *The Pain Killer*

Endorphins are considered natural pain relievers and mood boosters. It's released during laughter, exercise, listening to music, and eating chocolate.

Endorphins act directly on the brain's opioid receptors, reducing pain; when released, endorphins result in an energized, excited feeling.

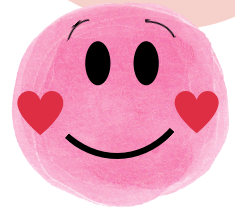
Additionally, endorphins are released when we feel physical pain to give us a brief moment of excitement as a survival mechanism. Laughing and crying also release small bursts of endorphin.

There are several things that you can do to help release endorphins, such as

- Laughing out loud
- Watching a funny movie
- Eat dark chocolate
- Use essential oils
- Exercise

Write down 3 ways in which you could help release Endorphin, try and be specific, how will you do it, where, when and with who?

ACCESSING THE 'MOOD STABILIZER'



SEROTONIN The Mood Stabilizer

Serotonin is one of the critical hormones linked to our emotions and mood. It's associated with satisfaction and optimism and has a role in our physical health.

Serotonin flows through the brain when we feel significant to ourselves and others. Serotonin starts flowing, for example, when we feel confident and take pride in our achievements and work.

There are several things that you can do to help release serotonin, such as

- Meditating
- Swimming
- Walking in nature
- Spend time in the sun
- Practice mindfulness

Write down 3 ways in which you could help release serotonin, try and be specific, how will you do it, where, when and with who?

TYPES OF SELF-CARE

1

PHYSICAL

Sleep, stretching, physical activity, healthy eating and rest.

2

EMOTIONAL

Stress management, gratitude, acts of kindness, forgiveness and compassion.

3

SOCIAL

Personal boundaries, support systems, positive social media and spending time with loved ones.

4

SPIRITUAL

Time alone, space, yoga, meditation, mindfulness, connection and nature.

5

PERSONAL

Hobbies, self identity, doing the things that bring you enjoyment.

6

SPACE

Safety, organization, clean and tidy, security and stability.

7

WORK

Time management, work boundaries, break time and knowledge.

POSITIVE EXPERIENCES

Write about a time when you displayed these positive qualities.

Sacrifice

Courage



Determined

Selfless

Bravery

I am brave

Proud

Happiness



I AM ME

I AM KIND

I AM LOVED

I AM HELPFUL

I AM SUPPORTED

I AM UNIQUE

I AM CONFIDENT

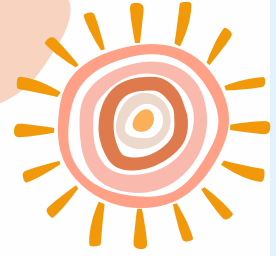
I AM IMPORTANT

I AM BRAVE

I AM ENOUGH

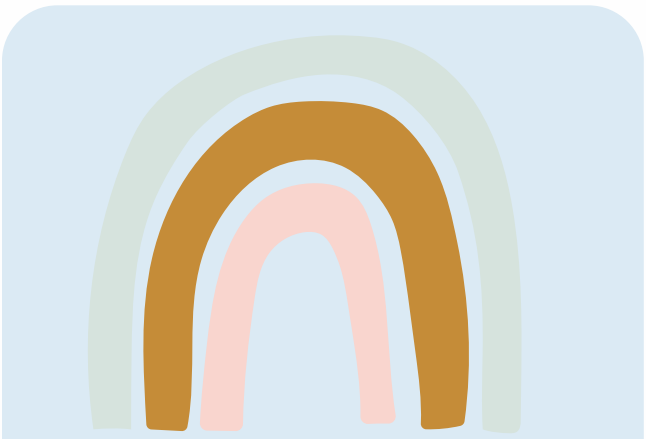
I AM STRONG

GRATITUDE JAR



Write down all the things that you are grateful for.





I am perfect
just the way
I am



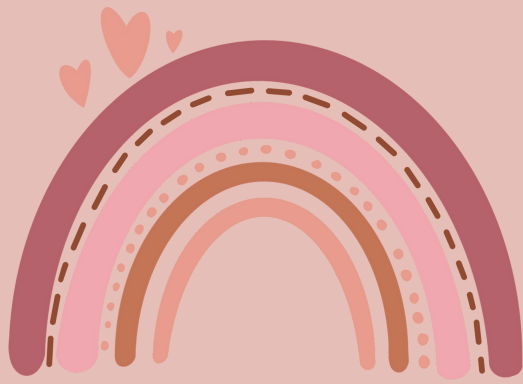
I don't need
to compare
myself to
others



I am
beautiful
inside and
out



I accept
myself



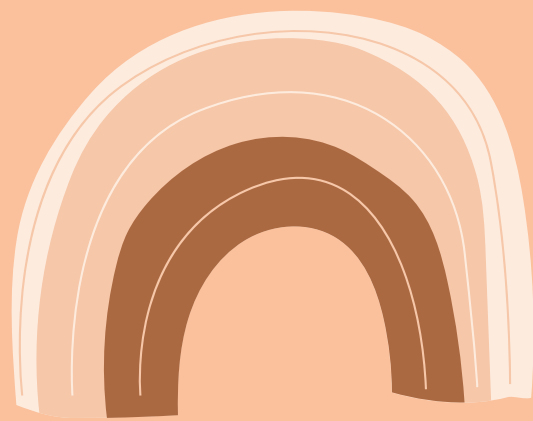
I am loved
by many



I am
unique



I can get
through
tough times



I am allowed
to feel and
express my
feelings