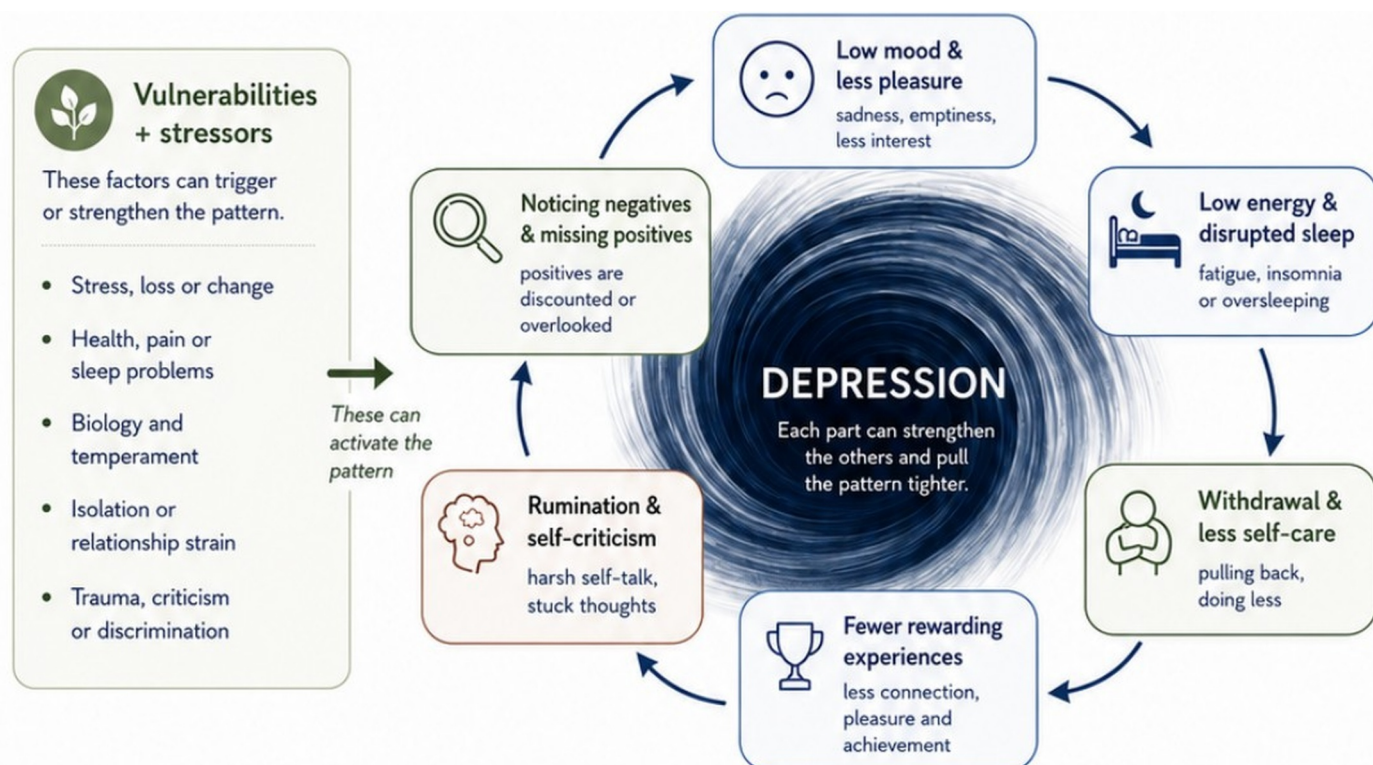


Depression

Understanding how depression develops and continues



People can enter the pattern at different points. Recovery can begin at any point too.

Common behaviours that can keep depression going



Why depression keeps going

These behaviours reduce access to what helps mood recover.



THE LOOP: The less we do, the worse we feel;
the worse we feel, the less we do.



Breaking the cycle

Small, achievable steps in the opposite direction
help the pattern loosen.



ACTION FIRST: Motivation often follows action.
Tiny steps, done consistently, create change.



Adapted from contemporary network models of depression, behavioural activation, and research on affective attention and reward processing.

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