



Depression

What is Depression? Depression is a serious medical condition in which a person feels very sad, hopeless, exhausted, and is often challenged to meet their responsibilities both personally and professionally. Depression affects a person's mind, body, and spirit and can be caused by situations of loss, trauma, repressed feelings and/or a change in one's bio-chemistry. A person should seek professional help if depressive symptoms last for two or more weeks. Globally, there are more than 350 million people of all ages that suffer from depression.

Common Causes or Symptoms:

- ❖ Loss of interest or motivation in activities for two or more weeks
- ❖ Tearfulness or frequent crying
- ❖ Withdrawal from friends and/or family
- ❖ Changes in sleeping and/or eating habits
- ❖ Fatigue and/or lack of energy
- ❖ Feelings of grief, hopelessness, worthlessness, inadequacy or guilt (Self-loathing)
- ❖ Thoughts of death and/or suicide to end the emotional pain

Other Information: In addition to seeking medical assistance, there are constructive, healthy ways to fight depression, such as:

- ❖ Establish a regular sleep routine
- ❖ Eat a healthy diet
- ❖ Maintain a regular exercise routine
- ❖ Write and record feelings in a journal
- ❖ Meditate daily
- ❖ Listen to music that restores calming, positive feelings

For more information, check out the following recommended websites:

http://kidshealth.org/teen/your_mind/mental_health/depression.html

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

www.webmd.com/depression/guide/teen-depression