

# DEPRESSION

## AND WHAT YOU CAN DO ABOUT IT



We all feel sad sometimes. When we experience sadness for a long time (several days to weeks), it can affect our energy, enjoyment, motivation, appetite, sleep, and view of ourselves which affects our ability to work, socialize, or do basic tasks.

### DID YOU KNOW?

- 1.) Depression affects an average **16.1** million adults or **6.7%** of the US population per year.
- 2.) Only **61.7%** of individuals with depression receive treatment.
- 3.) Depression is the leading cause of disability.

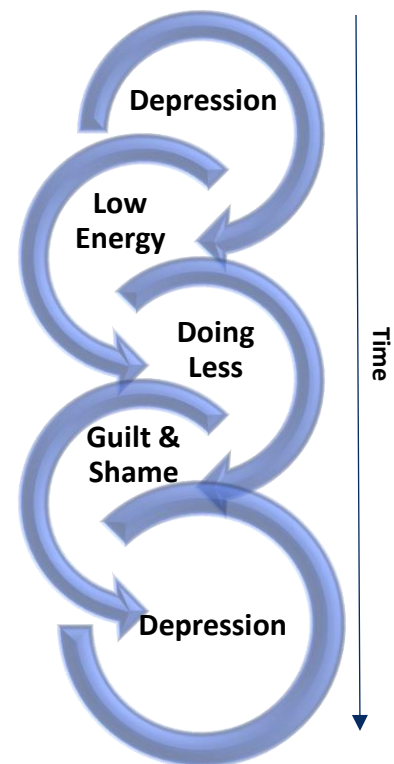
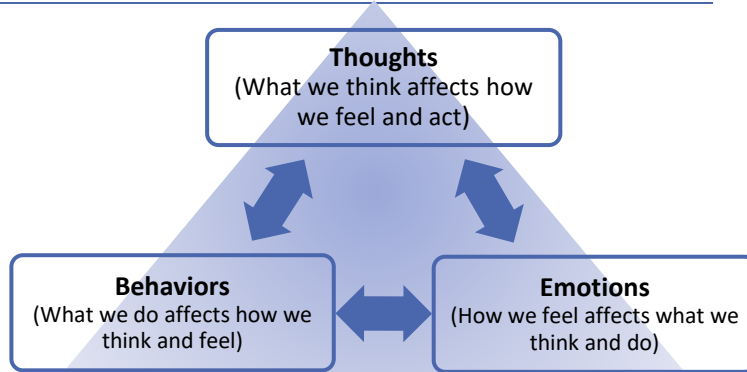
## HOW DOES IT AFFECT OUR FUNCTIONING?

Depression makes us feel less energy and greater fatigue, which leads us to feel less motivated and causes us to *do less*. When we stop doing activities, we miss out on positive feelings and experiences and begin to feel guilty for not taking care of our responsibilities or ourselves.

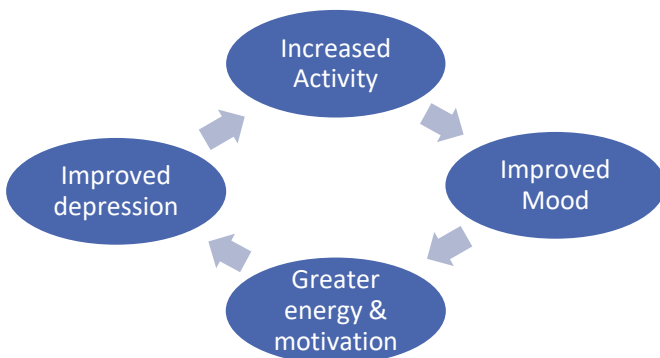
Over time, this causes our depression to get worse.

### COGNITIVE TRIANGLE

In short, our thoughts, feelings, and behaviors interact with each other and contribute to the downward spiral.



## REVERSING THE CYCLE



In order to reverse the cycle of depression, we must first break it. The easiest way to start to improve our mood is by changing our behaviors. First, if we are prescribed medication such as antidepressants, we need to take them. Antidepressants increase energy and improve sleep. Second, we need increase our activity level, even if we don't feel like it. When we take steps to increase our activity, we start to feel increased mood, less fatigue, and helps us think more clearly.

# WHAT YOU CAN DO!

Start doing more activities! The trick is to do the activities *even if you don't feel like it!*

**Step 1:** Take care of yourself! Ask yourself **PLEASE**

PL	Have I treated Physical illness?	YES	NO
E	Have I balanced Eating?	YES	NO
A	Have I avoided mood-Altering substances?	YES	NO
S	Have I balanced Sleep?	YES	NO
E	Have I Exercised?	YES	NO

**Step 2:** Engage in activities you enjoy. List 3 below.

- 1.
- 2.
- 3.

**Step 3:** Handle your responsibilities. List 3 things you haven't been taking care of.

- 1.
- 2.
- 3.

Now, try doing one of these things per day over the next week and record it! When recording the activity, rate your depression, pleasure, and achievement before and after the activity.

0	1	2	3	4	5	6	7	8
None	Minimal	Slight	Mild	Moderate	A lot	Higher	Very High	Extreme

Activity			Depression	Pleasure	Achievement
Sun		Before			
		After			
Mon		Before			
		After			
Tues		Before			
		After			
Wed		Before			
		After			
Thurs		Before			
		After			
Fri		Before			
		After			
Sat		Before			
		After			