

DEPRESSION



WHAT IS DEPRESSION?

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

SYMPTOMS

loss of interest or pleasure
fatigue nearly every day
sleep difficulties

significant weight change
feeling of helplessness/ hopelessness
diminished concentration

WHAT CAUSES DEPRESSION?

Biological Factors

Brain chemistry: Imbalances in neurotransmitters like serotonin, dopamine, and norepinephrine can affect mood regulation.

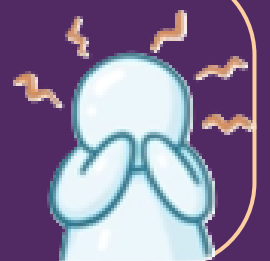
Genetics: Family history of depression or other mood disorders increases risk, though it doesn't mean depression is inevitable



Psychological Factors

Coping skills: Difficulty managing stress or problem-solving can increase risk.

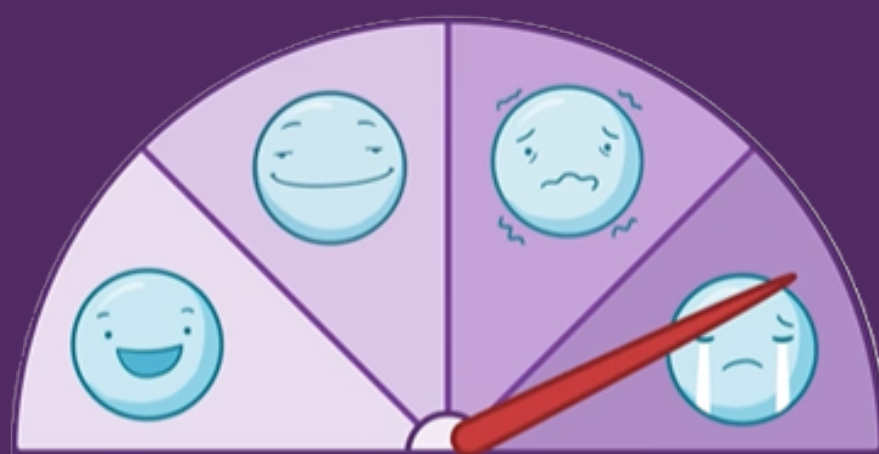
Personality traits: High self-criticism, perfectionism, or low self-esteem can make someone more vulnerable.



Social & Environmental Factors

Life stressors: Financial hardship, relationship breakdowns, academic/work pressures, or major life transitions can trigger depression.

Cultural and societal pressures: Stigma, discrimination, or systemic disadvantage can contribute.



THINKS, FEELS, BEHAVES



DEPRESSION



WHAT KEEPS DEPRESSION GOING?

CBT proposes that the reason why some people's depression doesn't get better by itself is because they are struggling with a mixture of interpreting things in unhelpful ways and acting in ways that are self-defeating. CBT has a lot to say about why depression might not get better by itself, but some of the most important reasons are to do with:



WHAT DO YOU DO WHEN YOU FEEL UNMOTIVATED?

Without the feelings of motivation, it is often easier to avoid doing things. Following the demotivated feeling and avoiding these activities means that you are missing out on key ingredients for well-being, making you feel even less energetic and even more demotivated.



RUMINATING OR WORRYING ABOUT YOUR PROBLEMS

That particular type of thinking can keep people stuck in depression. Asking questions like "Why am I feeling this?" tends to be less helpful than asking questions like "What can I do right now that will help me?"



TREATMENTS FOR DEPRESSION

COGNITIVE BEHAVIOURAL THERAPY (CBT): Cognitive Behavioural Therapy is based on the theory that how a person thinks about a situation and what they do has a significant influence on how they feel.

