

Depression

Depression is a feeling of low mood that lasts for a long time and affects your everyday life. It can make you feel hopeless, despairing, guilty, worthless, unmotivated and exhausted. It can affect your self-esteem, sleep, appetite, sex drive and your physical health. In its mildest form, depression doesn't stop you leading a normal life, but it makes everything harder to do and seem less worthwhile. At its most severe, depression can make you feel suicidal, and be life threatening.

Depression is more than simply feeling unhappy or fed up for a few days. Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.

Depression has a dangerous tendency to build upon itself. When depression saps your confidence and motivation, it is tempting to isolate or do the bare minimum. As a result, normal life tasks such as work and relationships start to fall by the wayside. Eventually, doing the bare minimum creates new problems, which cause stress and worsening depression. The cycle continues, stronger than before.

People who are battling depression might find it challenging to complete the simplest of tasks due to a lack of motivation. The examples on the **Weekly Schedule** worksheet are easy to use to help plan and manage motivation.

Supporting a loved one with depression can be a painful and emotionally draining experience. Depression doesn't just affect one person - it also affects those around them. Often, friends and family feel lost. They want to help, but they don't know where to begin. The **Supporting Someone with Depression** worksheet describes several practical and meaningful ways to support someone who is battling depression. Tips include providing social support, encouraging professional help, supporting healthy habits, and more.

Resources:

Depression - Info Sheet

Depression – Coping Skills

The Cycle of Depression

Supporting someone with depression

Weekly Schedule

Depression - Weekly Schedule Planned Activities

Understanding Depression worksheet

Clinical Depression – An Overview

<https://www.nhs.uk/mental-health/conditions/clinical-depression/overview/>

Depression Treatment Tips

<https://www.webmd.com/depression/guide/treatment-tips>