

DEPRESSION

SELF HELP GUIDE BY LESLEY SHEARER

3 ELEMENTS OF DEPRESSION

Do you or someone you love suffer from depression? 1 in 4 people will have it during their lifetime. Factors such as biological make-up, upbringing or reactions to life events all contribute. The way we think and what we do affects how we feel. Depression is often accompanied by other feelings such as guilt, shame, anger and anxiety.

Thoughts

People who are depressed tend to have negative thoughts about themselves or the future. It can be "I'm worthless" "It's all my fault" or "The worlds a terrible place".



Physical Sensations

It's not all about thoughts. Physical symptoms appear too such as tiredness, fatigue, sleep changes, loss of appetite or unable to concentrate.

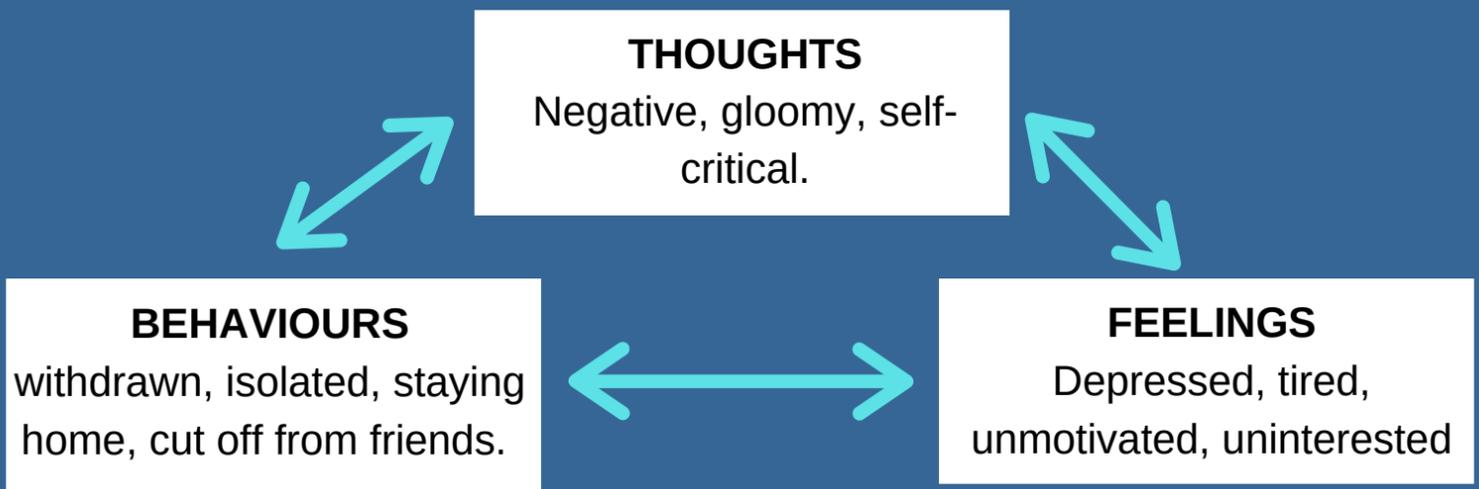


Behaviours

If you are tired, struggling to sleep and have a negative thinking style we tend to do less. You end up stop doing what you used to enjoy and you stay in bed or hardly go out. We end up isolating ourselves.



DEPRESSION CYCLE



COGS OF DEPRESSION



DEPRESSION

SELF HELP GUIDE BY LESLEY SHEARER

BREAKING THE CYCLE

Activity & Exercise

Increasing our activity can change our mood massively. It boosts confidence, gives us more energy, improves concentration, generates adrenaline, helps you socialise and much more!



Do Things Differently

The more we do, the better we feel. It doesn't need to just be exercise, it can be meditation, relaxation techniques, being with others, start a hobby, journal, pamper yourself or talk to someone.



Think Differently

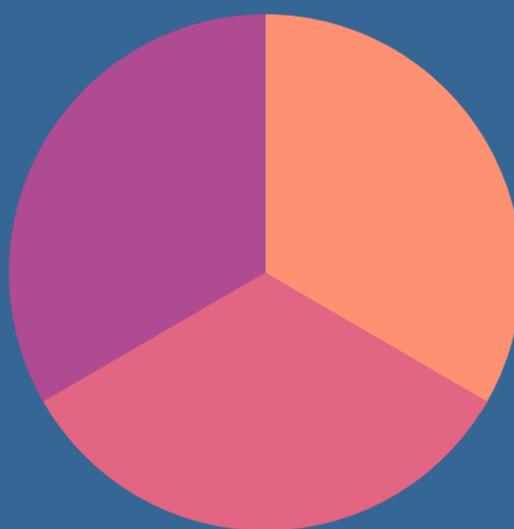
Our thoughts play a huge part in depression and you can help change them. Use the **STOPP** technique by asking yourself what's upset you, are you blowing it out of proportion, are you putting pressure on yourself, is there another way of looking at this?



HEALTHY BALANCE

ENJOYMENT
33.3%

ACHIEVEMENT
33.3%



CLOSENESS TO OTHERS
33.3%

ACHIEVEMENT **CLOSENESS** **ENJOYMENT**

It is important for you to have a healthy balance that gives you enjoyment and a sense of achievement. Choose activities that are important to you and are positive and purposeful.