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# UNDERSTANDING DEPRESSION

Depression is a mood disorder characterized by prolonged feelings of sadness, low mood, irritability or a general loss of interest in things. Canadians are affected by depression.

(Canadian Mental Health Association)

## **COMMON EXPERIENCES**

#### **Physical Signs**

- Sleeping difficulties
- Appetite and weight changes
- Low energy
- Restlessness, irritability
- Lack of concentration

#### **Thought Patterns**

- Persistent negative thoughts
- Indecisiveness
- Feelings of hopelessness, guilt or worthlessness
- Thoughts of selfharm or suicide

### **COPING STRATEGIES**

Practice self-care, such as eating nutrient rich foods and exercising regularly

Get adequate sleep

Talk to a friend or loved one

Do an activity
each day
(journaling,
getting outside)

More than a quarter of a million Canadian youth experience major depression each year.

#### **SUPPORTING A LOVED ONE**

- Encourage them to seek professional help
- Provide reassurance and empathize with them about their feelings
- Spend quality time together

If you have any concerns, please talk to your physician/a medical professional.