

# Managing Your Mood (Depression)

*Ways to Keep Your Life Balanced & Healthy*



## Know the Definition of Depression

Depression is classified as changes in mood, feelings or behavior that last longer than 2 weeks.

## Identify the Signs & Symptoms of Depression

### Feelings Of Hopelessness and/or Helplessness

- Changes in sleep or appetite
- Weight loss
- Withdrawal and isolation
- Increased tiredness & weakness
- Loss of interest in usual activities
- Agitation or restless
- Tension & anxiety
- Self-neglect
- Thoughts of harming self
- Increased sadness and remorse

### Understanding The Contributing Factors of Depression

- Loss of loved one
- Changes in income
- Alcohol use or abuse
- Loss of independence
- Chronic illness
- Family history

### Engage in Ways To Decrease Depression

- Eat a well-balanced diet
- Keep a structured schedule
- Get plenty of sleep
- Set realistic, short & long term goals
- Meditation, Journaling
- Talk about your feelings
- Exercise regularly
- Become involved in activities
- Avoid isolation
- Take medications as ordered
- Develop a gratitude list
- Reading, Music, Puzzles & Games