

Depression

Depression is not just “the blues” or feeling low. A clinical depression is one that lasts for two weeks and affects someone physically, emotionally, and affects the way people think. It has an impact on how the person carries out their work or how satisfying their relationships are.

What are the symptoms of depression ?

Behaviour

Crying spells, withdrawal from others, neglecting responsibilities, loss of interest in appearance, loss of motivation

Emotions

Sadness, anxiety, guilt, anger, mood swings, lack of emotions, feeling helpless or hopeless

Thoughts

self-criticism, self-blame, worrying, pessimism, poor memory, lack of concentration, problems making decisions, confusion, thinking others see you badly,

Physical

Feeling tired, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, irregular menstrual cycle, loss of sex drive, unexplained aches and pains

Who are most at risk of developing depression ?

- People who have experienced a distressing event
- Those who have experienced stressful events
- Those with ongoing stress
- Those who have lost a job or are having difficulty finding one
- Women dealing with hormonal changes
- Those with a family history of depression
- Person who have had a difficult childhood, including early bereavement
- Pregnant women
- Persons suffering from some medical conditions
- People who have another mental health problem
- Those with a life-threatening illness or chronic pain
- Those with a chemical imbalances
- Those who have previously been depressed
- Those lacking in exposure to bright light in winter