



## Depression

It's more common than you think.

### What is it?

Depression impacts how you think and feel about your life and affects people in different ways. Depression can cause feelings of sadness, anxiety, or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function. Half of us will suffer from depression in our lifetimes. While it is serious, it is treatable.

Many things can contribute to depression including your surroundings, traumatic or stressful events, genetics, substance use, serious or chronic mental or physical illness, or medication side effects.

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### How does it affect you?

*Symptoms of depression can vary from mild to severe and can include:*

- Changes in appetite – weight loss or gain
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Loss of interest or enjoyment in activities
- Thoughts of death or suicide
- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things

Medical conditions can mimic symptoms of depression so it is important to rule out general medical causes with a health professional.

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### What can you do?

*There are a number of things you can do to help with the symptoms of depression:*

- Regular exercise
- Getting enough quality sleep on a regular basis
- Eating a healthy diet
- Avoiding too much alcohol
- Reach out to someone you trust to talk to someone about what is going on in your life that may be leading to feelings of depression

Depression often gets worse if it isn't treated resulting in problems that can affect every area of your life. Consider seeking professional support if you think you are dealing with depression. Help is available to support you while you gain understanding about what may be causing depressed feelings. You are not alone.