

HELPFUL INFORMATION

UNDERSTANDING AND DEALING WITH DEPRESSION

by

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Symptoms of Depression

Depressed mood	Difficulty motivating oneself
Sadness, unhappiness and despair	Agitation
Crying and tearfulness	Anxiety
Feeling of hopelessness	Low frustration tolerance
Feeling of helplessness	Difficulty sleeping
Apathy	Fatigue and lack of energy
Death wish, suicidal ideation or suicidal tendencies	Appetite loss or gain, including weight loss or gain
Low self esteem and feeling of inadequacy	Difficulty concentrating
Withdrawal from people and activities	Short term memory impairment
Difficulty experiencing pleasure	Indecisiveness
	Procrastination

Depression may range from an adjustment reaction to a grief reaction to moderate depression to major depression. Alcohol and drug abuse and other psychological and adjustment problems are often related to depression.

Treatment and Helpful Approaches

1. Individual and group psychotherapy.
2. Antidepressant medication.
3. Family, marital, and relationship therapy.
4. Self help group.
5. Open up, face and address problems.
6. Think positively.
7. Learn from experiences.
8. Have goals and a schedule.
9. Eat healthy.
10. Exercise regularly.

Ways to Deal with a Depressed Person

1. Listen and empathize.
2. Meet the person where he/she is at.
3. If a person is receptive, make encouraging statements and affirmations.
4. Don't lecture or give your own interpretation which the person isn't ready for or communicate guilt.
5. If person is receptive, make recommendation including professional help.

Through your own understanding and knowledge you can be helpful to yourself and others.