



# GUILFORD

PSYCHOLOGICAL SERVICES

COMPASSIONATE THERAPY | SCIENTIFICALLY DESIGNED

## DEPRESSION FACT SHEET

Depression is a real, common, and treatable condition. Here is some information to help you learn how you can cope and manage your depression symptoms.

### Common Depression Symptoms

- Depressed mood
- Lack of interest
- Change in appetite or weight
- Change in sleep
- Change in movement
- Fatigue or loss of energy
- Feelings of worthlessness
- Difficulty concentrating
- Hopelessness
- Thoughts of death

### Depression Affects Behavior

*Isolation.* Spending less time maintaining relationships, or solving problems with family, friends, or coworkers.

*Decrease in rewarding activities.* Spending less time engaged in challenging and pleasurable pursuits, such as positive social interactions, exercise, hobbies, learning, and productive work.

### Depression Affects Thinking Patterns

*Negative automatic thoughts.* Thoughts that come spontaneously and seem true, but actually reflect altered perceptions about yourself, the future, and the world. They are associated with negative feelings such as sadness, anxiety, and hopelessness.

*Negative self-concepts.* Thought patterns that focus on personal shortcomings, often exaggerating them and minimizing positive qualities.

# COPING WITH DEPRESSION

Depression symptoms often respond well to treatment. The first step is to get a specific evaluation and a treatment plan.

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## Quick Coping Guide

1. *Reach out.* Stay connected to others and engage in social activities to help you feel less isolated.
2. *Participate in rewarding activities.* Do things you used to enjoy for opportunities to experience positive emotions again.
3. *Engage in daily exercise and relaxation.* Use exercise to boost your mood and relaxation to calm and center yourself.
4. *Practice self care.* Eat regular, healthy meals. Get daily exposure to sunlight. Prioritize a consistent sleep schedule.
5. *Identify negative thoughts.* Become aware of the thought processes fueling your depression.
6. *Evaluate thoughts.* Challenge unhelpful thought patterns with questions such as: How rational/realistic are the thoughts? How useful are they?
7. *Reframe thoughts.* Replace depressive thoughts with more useful coping thoughts. Developing a more balanced perspective will help relieve your depression.

**If you are experiencing strong thoughts of suicide, reach out for help immediately.**

**National Suicide Prevention Lifeline: 800-273-8255**

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Learn about what works and give treatment a try.

Commit to using any and all resources available to you.

For additional support, seek help from a trained professional.

Email: [info@guilfordpsych.com](mailto:info@guilfordpsych.com)

## LOCATION

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