

DEPRESSION

What is depression?

Everyone has a bad day every once in a while. Feeling sad when something does not work out the way you expected it to is normal. Depression is when that feeling of sadness is something that you feel constantly, for at least two weeks.

You are not alone!

According to WHO, depression is a common condition, more than 350 million people suffer from it world-wide

There is nothing wrong or shameful about feeling depressed. Depression is a medical condition that affects your mind.

Photo by: Clipart Panda

Myth: Therapy is not a real form of treatment

Truth: Talking to someone when you feel depressed is often the first step towards recovery.

Symptoms of depression

According to the DSM-5 the symptoms of depression are:

- Feeling sad and hopeless
- *Insomnia*- having difficulty sleeping or *hypersomnia*- wanting to and sleeping excessively
- Physically and mentally exhausted
- Feeling lethargic (like you do not have any energy)
- Not finding pleasure and enjoyment in activity
- Feeling guilty and irritated
- Having thoughts about or attempting to hurt yourself
- Excessive loss of weight

If you are experiencing more than 5 of these symptoms it is a good idea to talk to a health professional.