

DEPRESSION AND ANXIETY

7 Coping Strategies that Work



Depression and Anxiety: What It Is And How It Affects You



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WHAT IS DEPRESSION?

Depression is a very real condition. While many people think that depression is simply a state of mind and something you should just “snap out of,” it’s an illness that affects not just the mind, but the whole body.

When you’re depressed, you experience changes in eating, sleeping, the way you feel about yourself, and even the way you approach the most mundane things.

Depression is not simply feeling blue; it’s a true illness which can last weeks, months, or even years.

You may notice a variety of symptoms when you’re depressed. These symptoms vary widely from individual to individual, and they’re also dependent upon the severity of the depression.

If you’re depressed, you may experience the following:

1. Difficulty focusing or making decisions
2. Negative thought processes
3. Poor self esteem
4. Thoughts of hurting yourself
5. A lack of motivation or irritability
6. Feeling ill
7. Feelings of helplessness
8. Getting better seems hopeless

Depression and anxiety are **very real** illnesses that can quickly take over your life.

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