

# DEPRESSION

We have all felt sad at times. Feeling sad is a natural reaction to situations that cause emotional upset or pain. There are varying degrees of sadness. But like other emotions, sadness is temporary and fades with time. In this way, sadness differs from depression. Depression is a longer-term mental health concern. It impairs one's ability to live, laugh, love and learn. Left untreated, symptoms of depression may last for a long time. You may not be able to identify a specific cause for these feelings but there are many strategies you can utilize to manage these symptoms.

Symptoms of depression may include:

- constant feelings of sadness
- irritability
- fatigue
- changes in sleeping or eating patterns
- difficulty concentrating
- loss of interest and enthusiasm for things which used to provide pleasure
- feelings of deep, unwarranted guilt
- physical symptoms, such as headaches or body aches that do not have a specific cause
- feelings of worthlessness
- constant thoughts about death
- suicidal thoughts or actions

There are many things you can do to improve depression. Exercise, good nutrition, getting enough sleep, and staying connected to family and friends are just a few. Depression may make you not want to do any of these things, but if you do them anyway, you will may begin to feel better. Suicidal thoughts can be a symptom of depression and suicide remains a public health concern worldwide. There are also other mood disorders, including bipolar disorder, that may be more fitting for your concerns. Resources provided below are for various mood concerns including suicide.

## Handouts/Websites

National Alliance on Mental Illness: What is Depression?

The Feeling Good Website

Free Depression Screening

Depression Center Toolkit

Free Depression Management Workbook  
Depression and African Americans  
Bipolar Disorder and African Americans  
Latinx and Depression  
The Trevor Project: Suicide and the LGBT community  
American Foundation for Suicide Prevention

## **Podcasts/Videos**

TED Talk: Gill Hayes, “Depression, Suicide and the Power of Hope”  
TED Talk: Andrew Solomon, “Depression, the Secret we share”  
TED Talk: Nikki Webber Allen, “Don’t Suffer from Your Depression in Silence”  
Podcast: Feeling Good  
Podcast: Terrible, Thanks for Asking  
Podcast: Before You Kill Yourself

## **Books**

*Feeling Good: The New Mood Therapy* by David Burns, MD  
*Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt.* by Kevin Hines  
*The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness,* by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn  
*Furiously Happy: A Funny Book About Horrible Things,* by Jenny Lawson  
*Find Your F\*cking Happy: A Journal to Help People Pave the Way for Positive Sh\*t Ahead,*  
Monica Sweeney