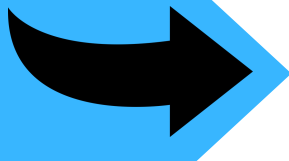


# DEPRESSION

Depression is persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities.

It affects how you feel, think, and handle daily activities, and it can lead to a variety of emotional and physical problems.

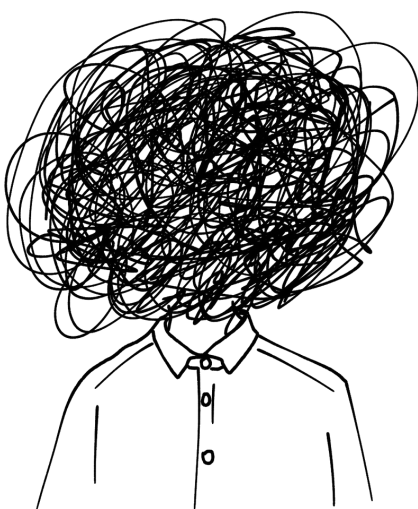
## Types of depressive disorders...



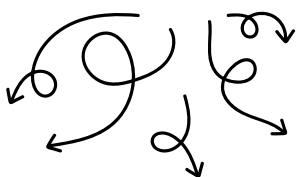
- persistent depressive disorder
- major depression
- seasonal affective disorder
- perinatal depression
- premenstrual dysphoric disorder (PMDD)

## Causes

genetics,  
environmental  
factors and life  
experiences



Strategies to  
alleviate  
anxiety:



## Depression may feel like...

- emptiness
- loss of interest or pleasure
- feelings of worthlessness
- irritability, agitation
- fatigue or decreased energy
- difficulty with concentration or memory
- change in appetite or sleep

- connecting with others
- adequate sleep
- limiting caffeine and alcohol
- seek professional help to discuss therapy or medication treatment options
- regular exercise
- balanced diet
- participate in relaxing activities