

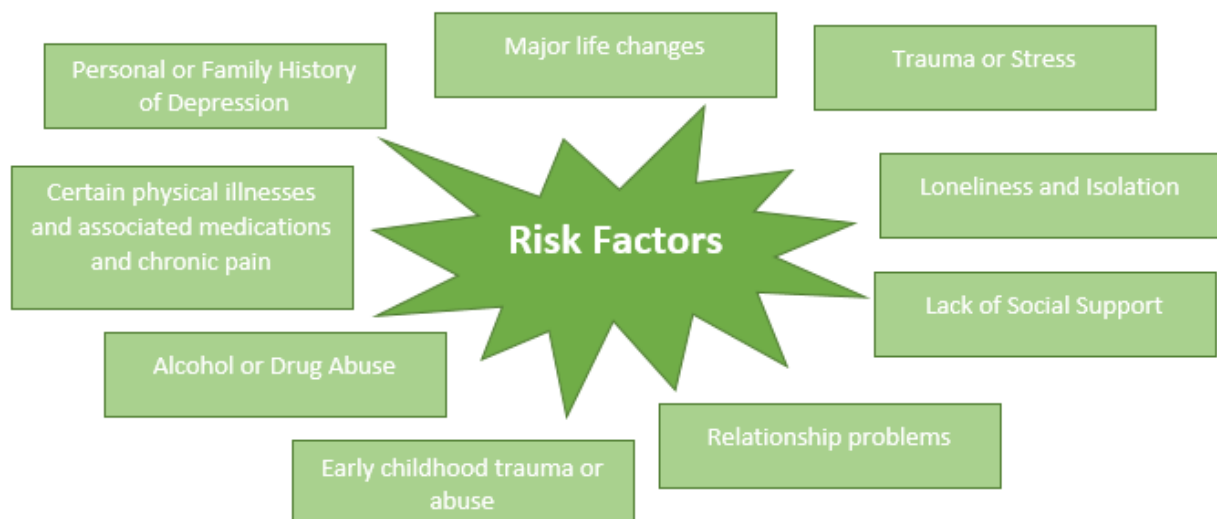
Depression

“I feel like crying all the time, I am so tired and can’t get interested in anything. In fact, I just don’t even get started with the jobs I should be doing, I can’t even do basic things that seem so easy to other people...”

Is your mood affecting your life?

- Finding it difficult to do simple things
- Stop doing normal activities
- Cutting yourself off from others
- Become inactive, doing nothing for a long period of time

Depression is a common, but serious mood mental health problem. It could happen at any age, be associated with a specific life event, or experienced as multiple episodes over a lifetime. Symptoms can be severe enough to impact one’s ability to work, study, eat and sleep or maintain social relationships with others. Distressing events can make someone start to feel low and at times this may turn into a more serious depression (difficult to emerge from). Some symptoms of depression include: fatigue, loss of appetite or overeating, difficulty to sleep, loss of interest and effort to get dressed.



Many chronic mood and anxiety mental health problems in adults begin as high levels of anxiety in children. In adults, depression may co-occur with other serious medical illnesses such as diabetes, cancer and heart disease. Sometimes, medications taken for physical illnesses may cause side effects that contribute to depression. Not everyone who is depressed has all these symptoms, even if you are not seriously depressed, it is usual to feel some of these things from time to time.

Some of the signs or symptoms that you may experience if you are depressed:

Emotions or feelings

- Feeling sad, guilty or upset
- Losing interest and/or enjoying things
- Crying a lot or unable to cry when sad events occur
- Feeling alone even in company
- Feeling angry and irritable about the slightest things

Physical or Body signs

- Tired
- Lack of energy
- Restless
- Sleep problems
- Feeling worse, usually mornings
- Change in weight, appetite and eating

Thoughts

- Losing confidence in self
- Expecting the worst and having gloomy, negative thoughts
- Thinking that everything is hopeless
- Hating yourself
- Poor memory or concentration
- Suicidal thoughts

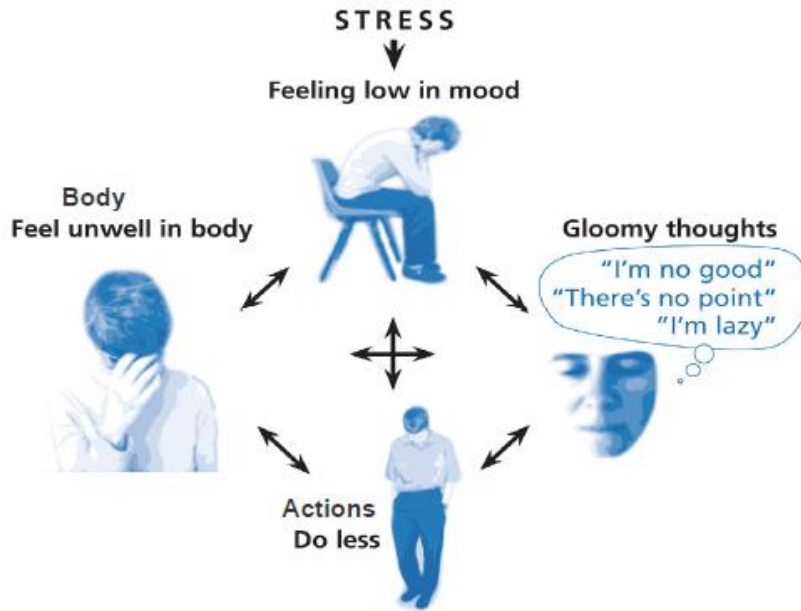
Behavior

- Difficulty in decision making
- Not bothered to do daily tasks
- Putting things off
- Cutting yourself from others



➔ If you have ticked many of these boxes, you may be experiencing low mood or depression.

When feeling depressed, you may believe that you're helpless and alone in the world. Blaming yourself for any shortcomings and overall negative feelings rising. You tend to lose interest in what's going on around and don't get any satisfaction out of things you used to enjoy. It becomes difficult to make decisions or carry out tasks as you did before.



Draw your own circle!

Ways to help:

- Depression can be alleviated by healthy lifestyle choices, including diet, sleep and exercise.
- Talking interventions: counselling or therapy, these will help understand your own difficulties and begin to work out ways of overcoming depression. It will take time to feel the benefits, but it has helped many people and can be very effective.
- Antidepressants: prescribed by family doctor or psychiatrist. It can take a few weeks for the helpful effect to start, during which side effects might be the only effect you notice.

*For further information or a confidential discussion, please contact Staff Welfare:
swo@iom.int*