

What Is DEPRESSION?

Depressed feelings usually surface after a loss or disappointment. To feel sad, grumpy, down or even irritable are normal feelings, but when these feelings become very intense and go on for too long and interfere with life, it is important to seek help. Once a person's mood gets low, it is often difficult to do things that can help lift your mood and problems can pile up. Even though there might not be an obvious reason for your depression, doesn't mean that it's not real or that you can just get through it.

Common Symptoms of Depression:

Feeling restless or tense	Loss of interest or pleasure
Pessimism and hopelessness	Irritability
Overeating or loss of appetite	Inability to feel joy, even at happy occasions
Insomnia or sleeping too much	Aches, pains, headaches that won't go away
Suicidal thoughts or attempts	Persistent sad, anxious or empty feelings
Feelings of worthlessness, guilt and helplessness	

There are various types of Depression, for example:

- ❖ **Major Depression** - experience symptoms every day for most of the day irrespective of what is happening - lasts weeks or even months
- ❖ **Persistent Depression** - severity of symptoms can become less intense before worsening again - lasts for two years or more
- ❖ **Atypical Depression** - depression temporarily goes away while experiencing a positive event but returns after hype of positive event fades
- ❖ **Seasonal Depression** - related to certain seasons, mostly winter months as it changes your bodily rhythms in response to decrease in natural light
- ❖ **Psychotic Depression** - loosing touch with reality and experiencing delusions and hallucinations, problems sitting still or slowed physical movements
- ❖ **Peripartum/Postpartum Depression** - Peri-(onset within 4 weeks before childbirth). Post-(onset after childbirth). Hormonal changes that trigger changes in the brain that cause mood swings
- ❖ **Situational Depression** - feelings brought on by specific events or situations such as death of a loved one, divorce, abuse, financial difficulties or legal troubles but where the feelings start to feel out of proportion to the triggering event



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