

What is Depression?

- Feeling low is a common feeling for most of us at some point in our lives.
- It can come out of the blue or be triggered by stress, illness, or relationship or financial difficulties.
- Depressed feelings can become a problem and start to have an impact on our lives.
- Severe depression is a serious problem that requires recognition and treatment.

What is Depression?

- Low mood
- Feeling blue
- Feeling down
- A lot of people may not think of themselves as depressed just because they haven't got a severe mental health illness or been hospitalised

Recognising or acknowledging that we have depression can be difficult.

“I feel so sad and down, I’m tired all the time and don’t seem to have the motivation to do things I used to enjoy or the energy to do what I need to do.

I don’t see people as much as I used to. My concentration isn’t good and I don’t sleep well. What is the point? Nothing is ever going to change.”

But remember:



- Depression is common
- Between 8-12% of the UK population experience depression in any year
- Experiencing both anxiety and depression is the most common mental health problem in Britain, with almost 9% of people meeting criteria for diagnosis
- Self help and professional support is available

The symptoms of depression fall into three main categories:

1. The **emotions** we feel 
2. The **thoughts** that go through our minds and our thinking patterns 
3. The **physical symptoms** we feel in our bodies 

Depressed **emotions** include:

- Feeling low or upset
- Feeling down in the dumps
- Feeling sad or miserable
- Feeling guilty
- Feeling bleak or hopeless
- Feeling numb or empty



Depressed thoughts & thinking styles are:



"I am a useless person"

Self critical thinking

Depressed thoughts & thinking styles are:

“why did that happen to me?”

Dwelling on past events

“I am a useless person”

Self critical thinking



Depressed thoughts & thinking styles are:

“Although I passed my test I should have got more questions right ”

Ignoring positives

“why did that happen to me?”

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Depressed thoughts & thinking styles are:

"Although I passed my test I should have got more questions right"

Ignoring positives

"I got a speeding ticket- so I'm a terrible driver & should stop driving"

Black and white thinking

"why did that happen to me?"

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"My friend was quiet today. She doesn't like me anymore"

Overgeneralising

"why did that happen to me?"

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" I got the this recipe wrong, I can't cook anything right, there is no point"

Exaggerating the negative



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"why did that happen to me?"

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"I got the this recipe wrong, I can't cook anything right, there is no point"

Exaggerating the negative

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Self critical thinking



"They won't like me"

Mindreading

Depressed **physical symptoms** include:



- Feeling tired & lacking motivation
- Increased appetite or not wanting to eat
- Not getting enough sleep or sleeping more than usual
- Aching or pain in different parts of your body
- Trouble concentrating on things
- Feeling fidgety or restless

Behaviours:



Avoid going out, not seeing family or friends

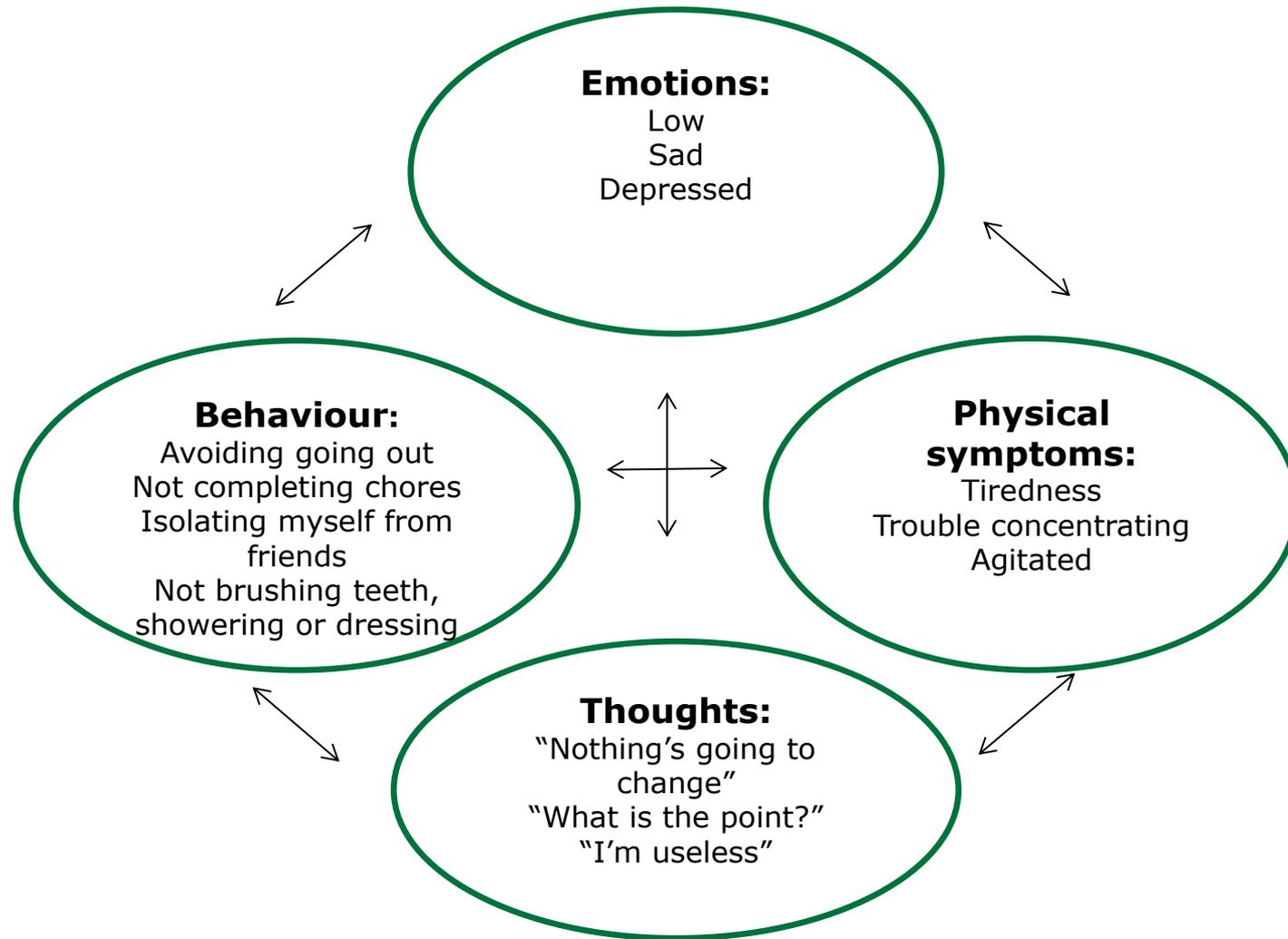


Not doing your usual chores



Not brushing teeth, showering or dressing

What maintains Depression?



There are several steps involved in treating depression

- The first involves understanding more about it and how it relates to you.
- Watching other video modules which teach CBT techniques to help manage depression might help.
- You could consider with your GP whether medication is an option for you.

CBT can help in treating depression

- If you haven't done so already, consider self referring to TalkPlus for CBT courses or therapy.
- CBT can help many people in a relatively short time.
- CBT can be as effective as medication and its benefits can last longer.

Take Home Message

- Depression is common
- Although recognising or acknowledging that you have depression can be difficult, once you do, you are more able to do something that might help

Next Steps

Now that you have learnt a little more about Depression, you may want to think about how depression affects you.

You can look at some of the other Depression video modules in the on the TalkPlus website to learn techniques to manage it.

All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>