



Spotlight on: Depression

The feeling of depression is much more powerful and unpleasant than the short episodes of unhappiness that we all experience from time to time. It goes on for much longer and can last for months.

Most people with depression will not have all the symptoms listed below, but most will have at least five or six:

Feel unhappy most of the time	Lose interest in life and can't enjoy anything	Find it harder to make decisions	Can't cope with things that you used to
Feel utterly tired	Feel restless and agitated	Lose appetite and weight (some people find they do the reverse and put on weight)	Take 1-2 hours to get off to sleep and then wake up earlier than usual
Lose interest in sex	Lose your self-confidence and feel useless, inadequate and hopeless	Avoid other people, feel irritable	Have suicidal thoughts

Top Tips on how to cope:



- Talk to someone, a friend/ relative or anonymously via The Samaritans (116 123)



- Make an appointment with your GP or self-refer to local mental health service e.g. NHS Wolverhampton Healthy Minds



- Go for a walk/ do some physical activity – this can really boost our mood with feel good hormones (endorphins). Physical activity is also proven to reduce symptoms of depression.



- Keep a routine



- Don't drink too much alcohol – alcohol is a depressant and can make us feel worse

