

MENTAL HEALTH SERIES PART THREE

DEPRESSION

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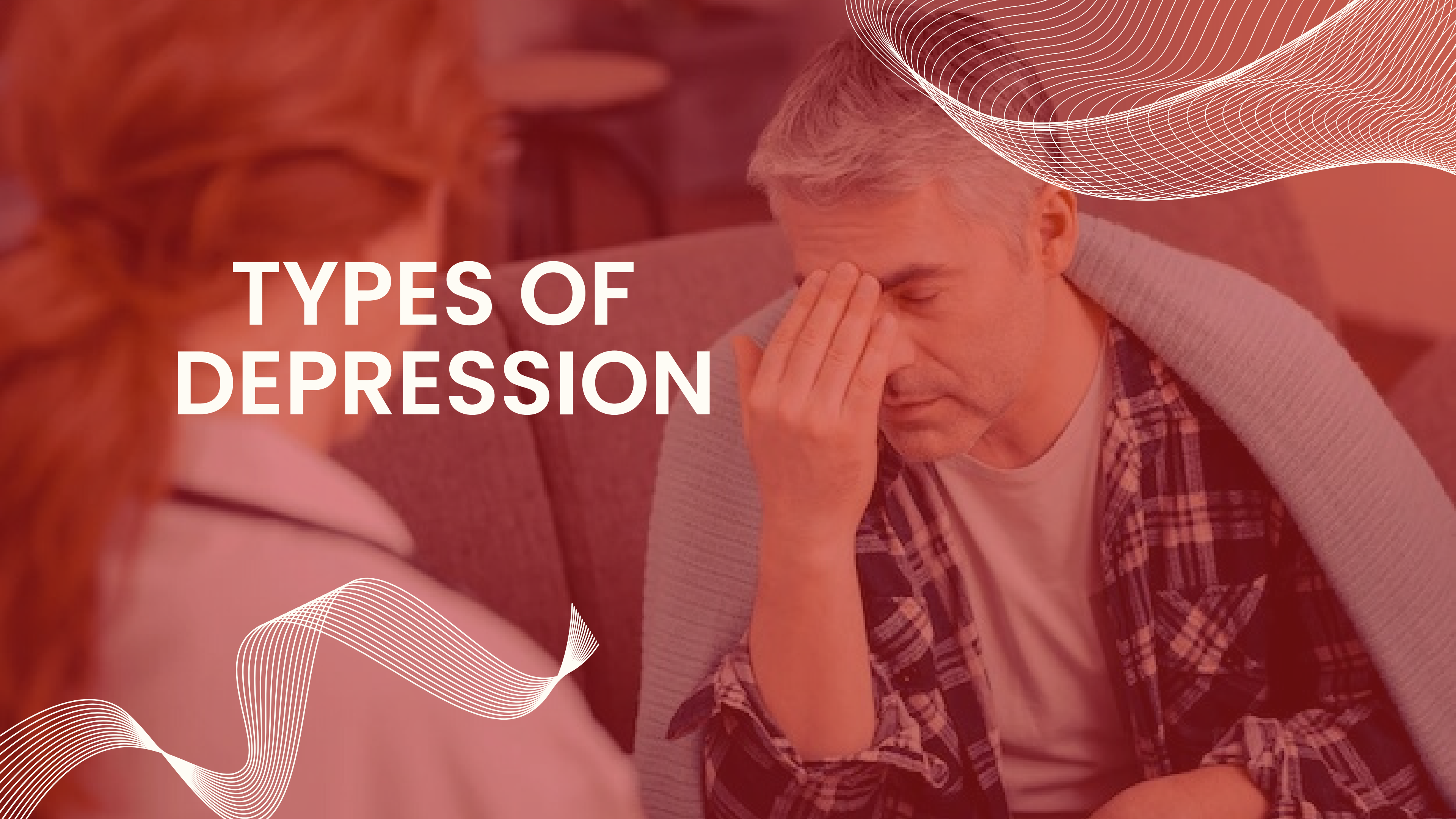
What is Depression



DEPRESSION

- This is a mood disorder that causes persistent feelings of sadness, emptiness, and loss of joy. It is different from the mood fluctuations that people regularly experience as a part of life.
- Major life events, such as grief or the loss of a job, can trigger depression. But depression is distinct from the negative feelings a person may temporarily have in response to a difficult life event.
- Depression can last for several weeks, months, or years. For many people, it is a chronic illness that gets better and then relapses.

TYPES OF DEPRESSION



A: MILD DEPRESSION

- **Mild depression involves depressive symptoms that are considered low-grade.**
 - **People with mild, low-grade depression may not even realize they are depressed.**
 - **However, people with mild depression may still experience many of the same symptoms of more severe depressions including irritability, sadness, and lack of motivation.**
 - **Despite the symptoms being more subtle and less intense, they are noticeable enough to interfere with your daily or usual activities.**
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B: MODERATE DEPRESSION

- **Moderate and mild depression share similar symptoms.**

Additionally, moderate depression may cause problems with self-esteem, reduced productivity, increased sensitivities and excessive worrying.

- **Moderate depression is easier to diagnose than mild cases because the symptoms are more obvious and can significantly impact your daily life.**

C: SEVERE/MAJOR DEPRESSION

- This is a mental condition characterized by a persistently depressed mood and long-term loss of pleasure or interest in life, often with other symptoms such as disturbed sleep, and feelings of guilt or inadequacy.
- Major depression may also cause delusions, hallucinations, and suicidal thoughts or behaviours.
- Sometimes severe depression can go away after a while, but it can also be recurrent for some people.

What Triggers Depression?

Triggers (causes) are emotional, psychological, or physical events or circumstances that can cause depression symptoms to appear. Major common triggers include;

- Stressful life events such as loss, family conflicts, family problems and changes in relationships.
- Medical conditions especially a medical crisis such as a new diagnosis or a chronic illness such as heart disease or diabetes.
- Environmental factors such as exposure to trauma or lack of social support.

SIGNS & SYMPTOMS OF DEPRESSION

- Loss of interest in activities

This involves taking less pleasure in hobbies, and other interests that an individual usually enjoys doing such as sports.

- Social Withdrawal

This involves avoiding social situations and losing touch or contact with friends.

- Fatigue/Tiredness

Prolonged fatigue will make daily tasks, such as washing up and getting dressed feel more difficult and take longer.

SIGNS & SYMPTOMS OF DEPRESSION

- Lack of Concentration and Memory Loss

Depression may make thoughts and speech for a person to be slower. A person may experience a hard time remembering things easily.

- Changes in lifestyle or routine activities

A person is likely to experience changes in their sleep patterns (insomnia) and eating habits that affect their functionality.

- Suicidal thoughts or suicide attempts

This involves having thoughts or ideas about the possibility of ending one's own life

TASK: Look at the picture and choose the symptoms that best describes the photo.

a

Depressed mood

b

Fatigue/Tiredness

c

Anxiety



TASK: Look at the picture and choose the symptoms that best describes the photo.

a

Body aches and pains

b

Changes in appetite

c

Loss of interest in activities



TASK: Look at the picture and choose the symptoms that best describes the photo.

a

Social Withdrawal

b

Fatigue/Tiredness


c

Changes in sleep patterns

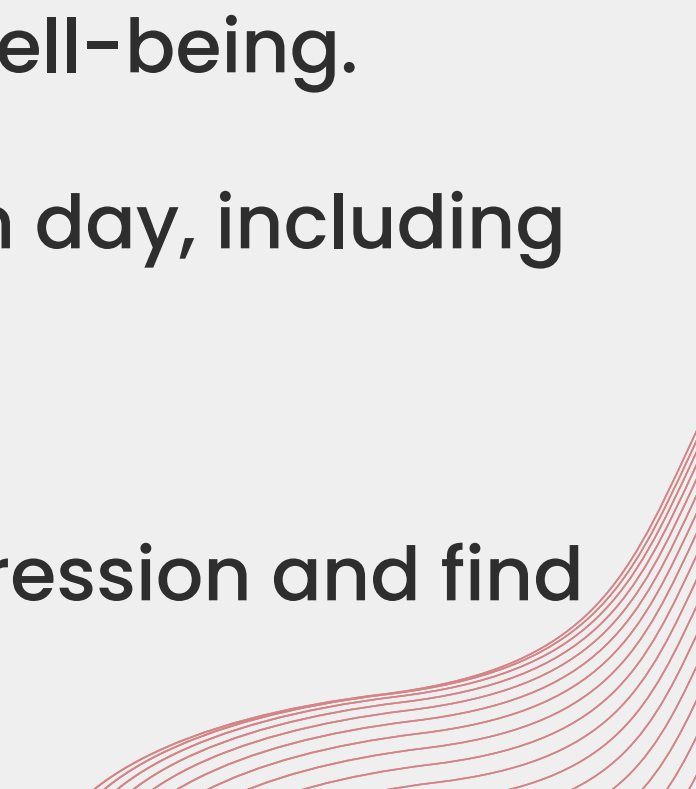




HOW TO AVOID DEPRESSION



The following tips may help people who have these risk factors or who are living with depression manage or avoid symptoms.

- Avoid stress; Getting enough sleep and rest, learning to say “no” to additional demands, taking breaks, practicing breathing exercises and meditation can help.
 - Exercise; Physical activity can act as an antidepressant, and doctors encourage it as a treatment.
 - A healthy diet may help prevent depression and boost mental well-being.
 - Have enough sleep; Go to bed and get up at the same time each day, including weekends.
 - Talking therapy; This can help people identify the causes of depression and find practical solutions.
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TREATING DEPRESSION



Support

- This can range from discussing practical solutions and possible causes to educating family members.

Therapy

- This may include one-to-one counselling and cognitive behavioural therapy (CBT) that can help fight depressive thoughts.

Drug Treatment

- Depending on the type of depression one has, a doctor may prescribe medicines such as antidepressants to treat depression.

Using the table below, assess the frequency that you experience these common symptoms of depression.

STATEMENT	ANSWER
I loose interest and motivation to do my daily activities	<u>Sometimes</u>
I am always sad and unhappy	
I feel less energetic and drained everyday	
I feel worthless in my community	
I prefer staying alone than being with people	

Using the table below, assess the frequency that you experience these common symptoms of depression.

STATEMENT	ANSWER
I have a big/small appetite	<u>Sometimes</u>
I always have negative self-image or self-harm thoughts	
I often lack sleep/sleep too much	
I feel no interest in talking to other people	
I have suicidal thoughts/plans	

THANK YOU

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