

Tips for Wellbeing Series No 2

Depression

Steps towards feeling better

What is Depression?

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood - a serious illness that has an impact on both physical and mental health.

Depression affects how people feel about themselves. They may lose interest in work, hobbies and doing things they normally enjoy. They may lack energy, have difficulty sleeping or sleep more than usual. Some people feel irritable and some find it hard to concentrate. Depression makes life more difficult to manage from day to day.

What can be done about it?

- > Consult a GP or counsellor to assess the type of depression and the appropriate treatment.

Mild and/or non-melancholic depression responds best to counselling therapy, along with lifestyle changes and self-help.

Tips for lifestyle changes:

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