

# Depression

## *What is Depression?*

Depression is a common and serious mood disorder. Symptoms of depression can affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.



## *Symptoms of Depression*

There are many symptoms of depression that are unique to everyone. Symptoms include:

- Persistent sad, anxious, or “empty” mood
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling “slowed down”
- Thoughts of death or suicide, or suicide attempts

## *How to confront depression*

It is essential to start speaking to a professional or contact your healthcare provider. Other ways to address depression include physical activity, refraining from drug and alcohol usage, and talking with trusted people.

