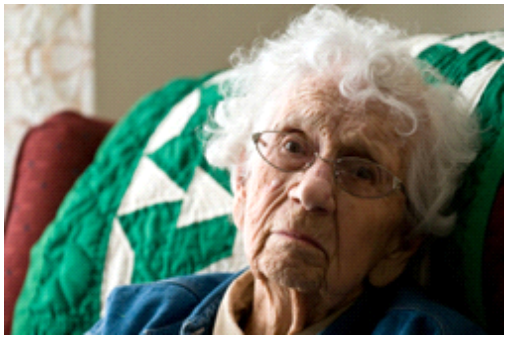
DEPRESSION



Common causes of Depression:

- **Losses (loved ones, independence, ability, house, status in society, driver's license;**
- **Medications (opioids, anticonvulsants, benzodiazepines, statins, prednisone, alcohol).**

Symptoms of Depression:

- **Irritability;**
- **Boredom;**
- **Lack of energy;**
- **Loss of appetite;**
- **Sleep disturbance (waking up and can't get back to sleep, sleeping all the time).**
- **Interventions**

Therapeutic Interactions:

- **Supportive, empathetic relationship, helping with problem solving;**
- **Giving hope;**
- **Empathetic Listening – being a sounding board;**
- **Making "contracts" – "would you like some ideas as to what to do?"**

Other Strategies:

- **Getting moving, getting daily exercise;**
- **Not giving into boredom, making a point to get involved;**
- **Doing things for others;**
- **Being thankful, focusing on blessings;**
- **Laughter and humor;**
- **Sunlight (Vitamin D);**
- **Antidepressants (work better with all of above, not alone).**



FOR ADDITIONAL INFORMATION:

See Video: CATEGORY 5-Cognitive Functioning-Depression-Cure Depression, Anxiety, Insecurity, and Low Self Esteem – 7 Tips

See Video: CATEGORY 5-Psycho-Spiritual Well-Being-Overcoming Hopelessness