

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](#)