

Depression Self-Assessment

Imagine for a moment how much more enjoyable and productive life might be in the absence of such overwhelming sadness and depression.

Persistent feelings of
HELPLESSNESS
and
HOPELESSNESS
signal depression.

Everyone feels down in the dumps sometimes. It's normal to be sad or tired occasionally for unknown reasons. However, clinical depression is much more and tends to affect all areas of one's life for an extended period of time.

QUESTIONS TO ASK

Concerned you might be struggling with depression? Fill in Y or N to indicate whether or not your feelings require a closer look.

- Y N Have activities you once enjoyed lost your interest?
- Y N Are you struggling to fall asleep or sleeping too much?
- Y N Do you feel lethargic, lacking energy to get through your day?
- Y N Do you feel more irritable,

distractable or agitated?

- Y N Do you find yourself eating too much or too little?
- Y N Do you feel like a failure or that you've let others down?
- Y N Are you struggling to focus on work or activities like reading?
- Y N Do you or others notice you moving or speaking more slowly?
- Y N Have your thoughts leaned toward death or harming yourself in any way?

If you answered yes to several of these questions, you might be struggling with depression.

EVALUATE YOUR STRESS MANAGEMENT STRATEGIES

According to the *Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM-5; American Psychiatric Association, 2013)*, there are several types of depression including Major Depressive Disorder, Persistent Depressive Disorder, and Premenstrual Dysphoric Disorder.

Major Depressive Disorder

Major Depressive Disorder symptoms will be present for at least two weeks along with a depressed mood or lack of interest in activities once enjoyed.

Persistent Depressive Disorder

Dysthymia, or Persistent Depressive Disorder, is another type of depression. Diagnosis follows a depressed mood

occurring more days than not over a two-year period.

Premenstrual Dysphoric Disorder

This disorder affects women who struggle with depressive symptoms one week before the onset of their menstruation, which improve or disappear when their menstruation starts.

ACTION STEPS

Having a plan is a great start for treating depression.

- ✓ Schedule an appointment with your primary care provider for a check-up.
- ✓ Seek out individual counseling or support groups.
- ✓ Be patient with yourself, recovery from depression takes time.
- ✓ Enlist a friend or family member for support and encouragement.

If you're feeling suicidal, don't hesitate to call 911, or go to an urgent care center or hospital emergency room for immediate assistance.

KEEP IN MIND

Overcoming depression isn't about simple willpower; it often requires medication to restore normal brain function. Consider reaching out to your health care provider and engaging other counseling resources for guidance on next steps.

What steps will you take today to be well and live life more fully?