

## Depression

### How does depression ,work‘?

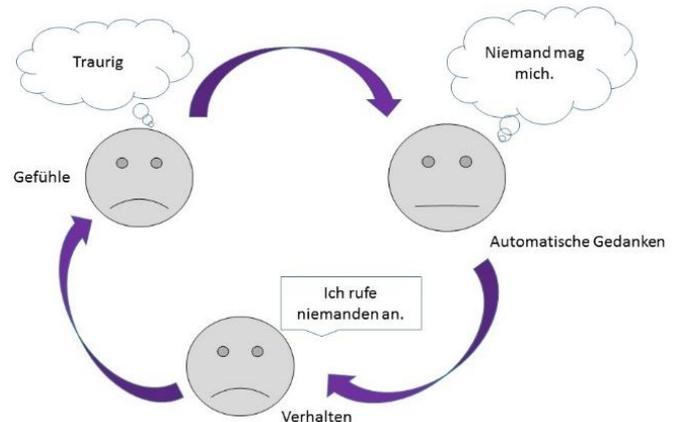
- A depression has an impact on our feelings, thoughts, behaviour and our body. They influence each other (graph).
- Mostly, different causes coincide when a depression arises:

External, social and stressful factors, such as stress and a difficult life events, traumatic events in the past and mental challenges play an essential role.

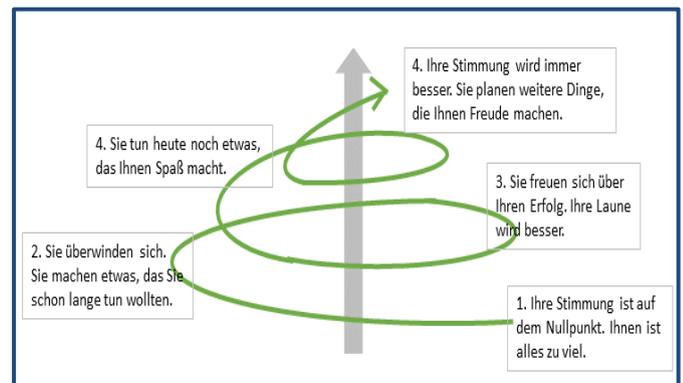
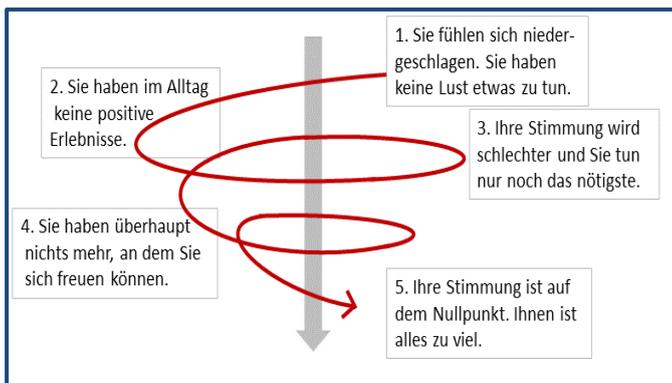
Likewise, biological and genetic factors have an impact.

- The ‚vicious circle‘ of depression:

The ‚vicious circle‘ may arise from an interplay between the loss of positive things in your everyday life and the depression.



Pursuing activities which make your experience joy and fun, you can end this negative ‚vicious circle‘.



### Symptoms of Depression

- Mood swings, and many of the symptoms previously addressed are experienced by most people. Sometimes, all of us get angry and experience joy and fear.
- The feelings of people who do not suffer from depression change and depend on what they are doing. Frequently, we can end negative feelings and thoughts by pursuing positive activities or experiencing positive events. Very often, sadness disappears after a while and there is usually an explanation for that.
- When suffering from a depression, people experience negative feelings for a longer timeperiod than usual. Additionally, people experience several different negative feelings at the same time.



Hier is a **short test**:

Check the statements which apply to you, considering how you have been feeling for the **past weeks** for **most of the time**.

Have you ticked **more than four statements**?

You **might** suffer from a depression, then. This test is **not substitute for a diagnosis** made by a professional. However, the test might help you assess your emotional state.

	Do you permanently feel sad, down or desperate for most of the time?
	Have you lost in interest in almost everything? Do you not experience joy or fun anymore even when pursuing activities which had made you experience joy in the past?
	Have you lost your appetite or have you lost weight?
	Do you suffer from sleep disorders almost every day (difficulties in falling asleep, insomnia, or waking up extremely early in the morning)?
	Do you talk or move more slowly than usual? Or do you suffer from inner restlessness which, in turn, prevents you from sitting still and makes you walk back and forth all the time?
	Has your libido been decreasing or has it completely disappeared?
	Have you lost your self-confidence? Do you feel worthless or do you feel extremely angry to yourself?
	Do you have difficulties in focusing and remembering things? Do you feel unable to make decision connected to everyday life?
	Do you frequently think about death? Do you even think about committing suicide?

### What can I do to fight depression?

- Do you probably suffer from a depression? Get **professional help**! Professionals can help you receive psychotherapy or appropriate drugs. Professionals can make a detailed diagnosis.
  - Ask your **family doctor**! He can send you to professionals.
  - Are you completely desperate or do you seriously entertain suicidal thoughts?
    - Go to the **casualty department** of closest **psychiatric clinic**!

