



# Dealing with Depression

**Depression** is a serious mental illness. It can occur due to many reasons and is common in adults. More women are affected by depression than men. Suicide is second leading cause of death in 15 and 29 years.<sup>1</sup>

## Psychological symptoms<sup>2</sup>

- Crying easily or for no reason
- Feeling guilty or worthless
- Irritation
- Feeling sad
- Loss of interest/pleasure
- Thinking about death or suicide

## Physical symptoms<sup>2</sup>

- Fatigue
- Not able to think/concentrate
- Not able to make decisions
- Headaches/ backaches
- Disturbed sleep or oversleeping
- Increased/decreased body weight

## Do's<sup>3</sup>



Get involved in activities that make you feel good



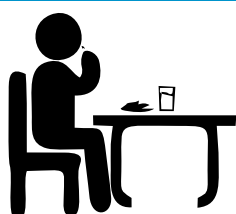
Exercise regularly for 20- 30 minutes



Quit smoking



Avoid alcohol



Eat balanced diet



Take prescribed drugs regularly

## Don'ts<sup>4</sup>



Isolating yourself from your loved ones and friends



Getting the feel that not able to overcome difficulty in life



Hiding Suicidal thoughts



Blaming yourself for everything

### References:

- 1) Available at: <https://www.who.int/news-room/fact-sheets/detail/depression>, accessed on 19-06-2020.
- 2) Available at: <https://www.nhs.uk/conditions/clinical-depression/symptoms/>, accessed on 19-06-2020.
- 3) Available at: <https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/>, Accessed on 19-06-2020.
- 4) Available at: <https://www.mhanational.org/stressed-or-depressed-know-difference>, Accessed on 23-06-2020.



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