

SEL NEWSLETTER

DEPRESSION

What is Depression?

According to the American Psychiatric Association, depression is a common medical illness that negatively affects how a person feels, the way they think and the way they act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and decrease the ability to function. Fortunately, it is treatable!

Risk Factors for Depression:

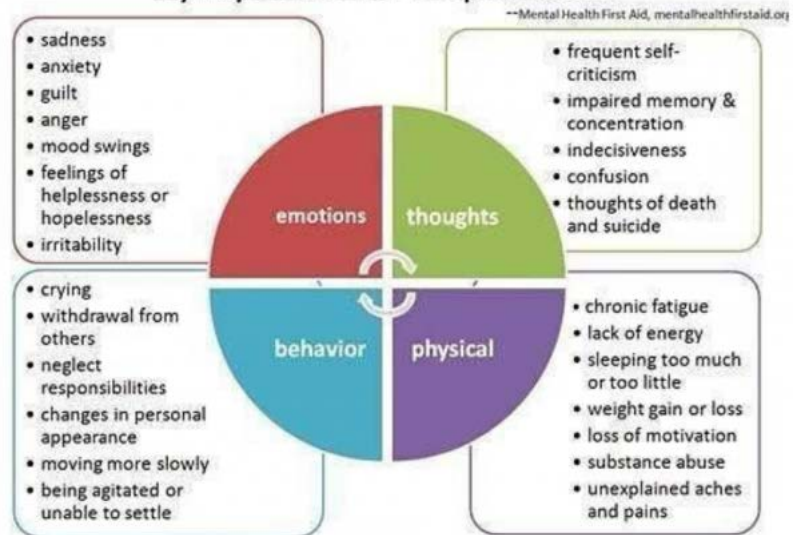
Biochemistry– Differences in certain chemicals in the brain may contribute to symptoms of depression.

Genetics – Depression can run in families.

Personality – People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.

Environmental Factors – Continuous exposure to violence, neglect, abuse, or poverty may make some people more vulnerable to depression.

Symptoms of Depression



Coping with Depression



Depression Resources:

- [Video: What is Depression?](#)
- [Tips to Manage Depression](#)
 - [The Cycle of Depression](#)
 - [Depression Treatment and Management](#)
- [Depression Common Unhelpful and Helpful Thoughts Tool](#)

“There is hope, even when your brain tells you there isn’t.” ~ John Green