

Recognizing the *Signs of Depression*

Persistent sadness or "empty" mood.

Loss of interest or pleasure in activities.

Difficulty sleeping or oversleeping



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Ways to Manage Depression



Engage in regular exercise, which can boost your mood.



Eat a healthy diet to support brain health.



Stay connected with loved ones who can provide emotional support.



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Coping with Seasonal Affective Disorder

- Try light therapy, which can be beneficial in the darker winter months.
- Maintain a regular sleep schedule.
- Get outside during daylight hours.





Understanding Bipolar Disorder

Recognize that it's a condition with periods of depression and • periods of mania.

Understand that medication is often necessary for • management.

Reach out to support groups for people with bipolar • disorder.



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Staying Balanced with *BIPOLAR DISORDER*



NO. 1

Regularly
take
prescribed
medications.



NO. 2

Limit
caffeine and
avoid
alcohol.



NO. 3

Practice stress
management
techniques.





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Tips for Families Dealing with a Loved One's Mood Disorder

- ✓ Educate yourself about the disorder.
- ✓ Be patient and supportive.
- ✓ Encourage them to stick with treatment.



Dealing with Depression in the Workplace

1

Seek appropriate mental health support outside of work.

2

Consider speaking with HR or a trusted supervisor about your situation.

3

Take care of your physical health to help manage symptoms.



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Encouraging Healthy Sleep Habits in Depression

- ☒ Maintain a regular sleep schedule.
- ☒ Create a comfortable sleep environment.
- ☒ Limit exposure to screens before bed.





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1

Stay hydrated by drinking plenty of water.

2

Limit consumption of sugary foods and drinks.

3

Opt for a balanced diet rich in fruits, vegetables, lean protein, and whole grains.

The Role of Diet in Managing Mood Disorders





MENTAL HEALTH

Navigating Relationships When You Have a Mood Disorder

- Be open and honest with your partner about your condition.
- Encourage your partner to educate themselves about your condition.
- Seek couples counseling if necessary.

Self-Care Strategies for Dealing with Depression

1

Schedule time each day for relaxation and self-care.

2

Engage in activities you enjoy to boost your mood.

3

Practice mindfulness or meditation to stay present and focused.

4

Avoid alcohol and drugs, which can worsen depression.



Understand that dysthymia is a chronic form of depression and may require long-term treatment.

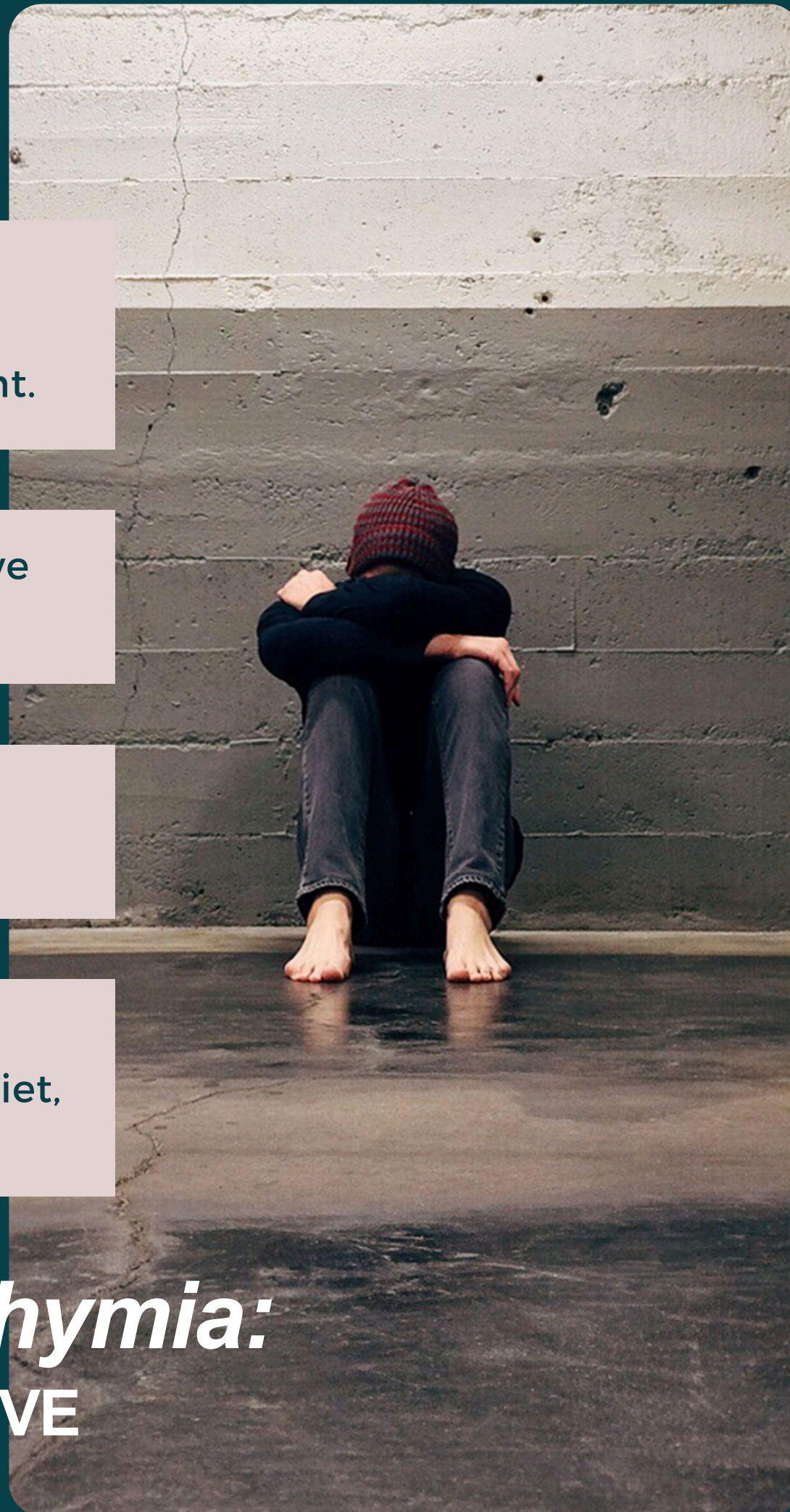
Stay connected with a supportive network of family and friends.

Keep up with regular therapy or counseling sessions.

Maintain a healthy lifestyle, including exercise, a balanced diet, and sufficient sleep.

Living with Dysthymia:

LONG-TERM DEPRESSIVE DISORDER



YOUR MENTAL HEALTH BRAND

Tips for Dealing with Major Depressive Disorder

- Don't hesitate to seek professional help. Early treatment is most effective.
- Stick to your treatment plan, even if you're feeling better.
- Reach out to others. Isolation can worsen depressive symptoms.
- Focus on self-care. Good sleep, a healthy diet, and regular physical activity can help manage symptoms.



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Tips for Parents of Teens with Depression

- Be supportive and understanding. Let them know that it's okay to talk about their feelings.
- Encourage them to engage in activities they used to enjoy.
- Seek professional help. Treatment can include psychotherapy, medication, or both.
- Ensure your teen is following their treatment plan, and make adjustments if necessary.



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Combating Postpartum Depression

Don't be afraid to ask for help. Reach out to healthcare providers or loved ones.

1

Make time for self-care. Even a few minutes alone without having to care for others can be beneficial.

2

Stay connected with friends or join a support group for new mothers.

3

Keep up with regular check-ups and let your doctor know if you're feeling depressed.

4



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TIPS TO HELP A FRIEND WITH DEPRESSION



1

Let them know you're there for them. Simply listening can be a huge help.

2

Encourage them to seek professional help if they haven't already.

3

Stay patient and understanding. Remember, recovery takes time.

4

Help them with daily tasks if they're struggling.

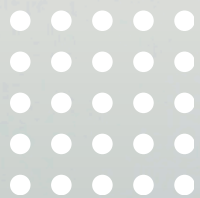


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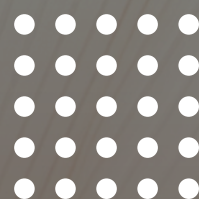
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Managing Work-Related Stress to Avoid Depression

- ✓ Prioritize and organize your tasks to manage your workload.
- ✓ Take regular breaks to recharge.
- ✓ Seek support from colleagues or supervisors.
- ✓ Consider seeking professional help if work stress becomes overwhelming.



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- 01 Spend as much time outdoors as possible, even on cloudy days.
- 02 Exercise regularly. Physical activity can help boost your mood.
- 03 Try light therapy. A light box can simulate sunlight and help improve mood.
- 04 Speak with a doctor or therapist if symptoms persist.

Coping with Seasonal Affective Disorder (SAD)





Understanding and Managing Cyclothymic Disorder

- ✓ Recognize that cyclothymic disorder involves periods of elevated mood and periods of depression.
- ✓ Stick to your treatment plan, including medication and therapy.
- ✓ Learn stress management techniques to help maintain mood stability.
- ✓ Regularly monitor your mood to identify any patterns or triggers.



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HELPING A LOVED ONE WITH BIPOLAR DISORDER



Educate yourself about the disorder to better understand what your loved one is experiencing.



Encourage them to stick with their treatment plan.



Be patient and supportive.



Consider joining a support group for family members of individuals with bipolar disorder.



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5 Techniques to Help Manage Depression



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01

Practice mindfulness techniques like meditation or yoga.

02

Incorporate physical activity into your daily routine.

03

Try to maintain a regular sleep schedule.

04

Reach out to trusted friends or family for support.

05

Eat a balanced diet, as certain nutrients can influence mood.

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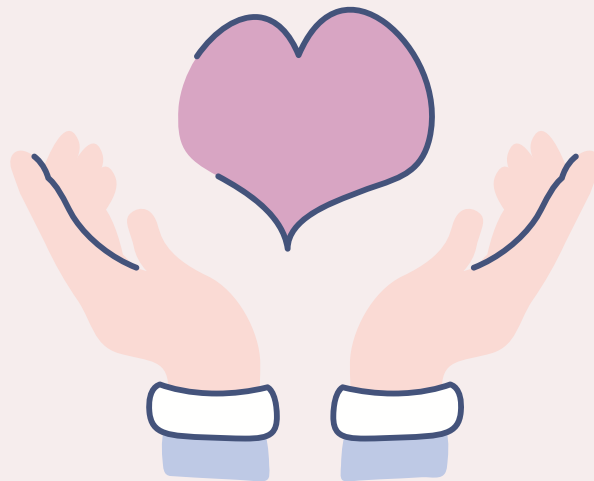
4 Actions to Take When Living with a Mood Disorder

Seek professional help. Psychotherapy, medication, or both can be effective.

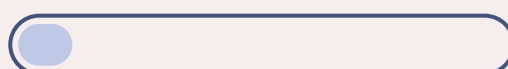
Educate yourself about your disorder to better understand and manage it.

Stay connected with a support network. Isolation can worsen symptoms.

Try to engage in activities that you used to enjoy or find new hobbies.



PRIORITIZE Your *Mental Health*



3 Ways to Help a Loved One with Depression

01

Be there for them. Just listening can be a huge support.

02

Encourage them to seek professional help if they haven't already.

03

Practice patience.
Recovery can take time.



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5 Things to Remember When Battling Depression

- You're not alone. Many people have been through this and recovered.
- It's okay to ask for help. Reach out to professionals and loved ones.
- Self-care is vital. Take care of your physical health and engage in activities you enjoy.
- Avoid alcohol and drugs, as they can worsen depression.
- Depression is treatable, and with the right help, you can recover.

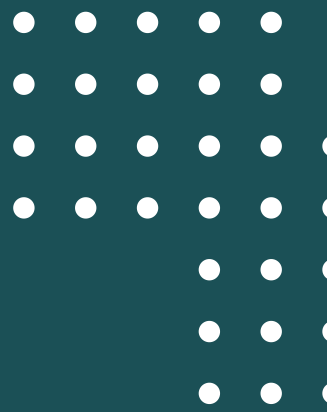
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4 Tips for Parents with Children Suffering from Mood Disorders



- Be open and understanding. Let your child know they can talk to you about their feelings.
- Encourage them to engage in physical activities and hobbies they enjoy.
- Ensure they are receiving appropriate professional help and following their treatment plan.
- Practice patience and celebrate small victories.

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03

Essential Steps to Cope with Bipolar Disorder

- Stick with your treatment plan, even when you're feeling good.
- Monitor your moods to identify any triggers and catch mood swings early.
- Get regular exercise, maintain a healthy diet, and get enough sleep.



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5 Strategies to Overcome Seasonal Affective Disorder (SAD)

- Expose yourself to sunlight as much as possible.
- Exercise regularly to boost your mood.
- Use light therapy as recommended by a healthcare provider.
- Stay socially active to avoid feelings of loneliness.
- Seek professional help if needed.



MENTAL HEALTH TIPS

4 Actions to Mitigate Work-Related Stress and Mood Disorders

Prioritize your tasks and learn to say no when your plate is full.

Practice mindfulness or meditation techniques to manage stress.

Seek professional help if work stress becomes overwhelming.

Take regular breaks during your workday.

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Stay connected with friends or join a support group for new mothers.



Make time for self-care, even if it's just a few minutes a day.



Do not hesitate to seek help from healthcare providers or loved ones.

3 Quick Tips to Combat Postpartum Depression



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● ● ● 5 Suggestions for Living with Dysthymia (Persistent Depressive Disorder) ● ● ●

- Acknowledge that dysthymia is a long-term form of depression and often requires ongoing treatment.
- Keep connected with a supportive network of friends and family.
- Maintain regular therapy or counseling sessions.
- Live a healthy lifestyle, including regular exercise, a balanced diet, and enough sleep.
- Educate yourself about your condition and treatment options.



HANDLING GRIEF AND LOSS



Seek support from loved ones or professionals.



Express your feelings through a journal or creative outlet.



Prioritize self-care and try to maintain daily routines.



Encourage open conversations about their feelings.



Help them stay active and maintain a healthy lifestyle.



Guide them towards professional help if symptoms persist.



Tackling Teen Depression



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Easing Depression During Menopause

01

Maintain a balanced diet and regular exercise regimen.

02

Practice mindfulness techniques, such as meditation or deep breathing.

03

Seek professional help if you're feeling persistently low.

- 
- 01 Encourage social interaction to combat feelings of isolation.
- 02 Consider professional support if depressive symptoms persist.
- 03 Help them maintain a regular sleep schedule.

Addressing Depression in the Elderly



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Consult a healthcare provider for persistent or severe symptoms.



Implement stress management techniques.



Try over-the-counter remedies for physical symptoms.

Living with Premenstrual Dysphoric Disorder (PMDD)



DID YOU KNOW?

Major depressive disorder affects approximately 17.3 million American adults, or about 7.1% of the U.S. population aged 18 and older in a given year.



DID YOU KNOW?

Fact: Women are nearly twice as likely as men to have depression.



DID YOU KNOW?

Did you know that depression can contribute to physical health issues, like heart disease and diabetes?

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FAQ

Q

What are some common treatments for depression?

A

Treatments can include psychotherapy (talk therapy), medication, lifestyle changes, and sometimes alternative therapies.

FAQ

Frequently Asked Questions

IS DEPRESSION A 'NORMAL' PART OF AGING?

No, depression is not a normal part of aging, and older adults should seek help if they're feeling depressed.

FAQ

FREQUENTLY ASKED QUESTIONS

CAN A PERSON'S DIET AFFECT THEIR MOOD?

Yes, a diet low in essential nutrients
can impact mood and exacerbate
symptoms of depression.

A woman with long brown hair is looking into a large, ornate, gold-colored mirror. The mirror's frame is highly detailed with floral and scrollwork carvings. The woman's reflection is visible in the mirror, and she has a thoughtful expression. The background is softly blurred, showing what appears to be a room with a window.

A GENTLE REMINDER

It's okay not to be okay. Take your
time and reach out when you're
ready.

Done!



Not Yet

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A GENTLE REMINDER

Remember, seeking help for depression is a sign of strength, not weakness.

ACCEPT

REJECT



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Reminder: You're more than your depression. It doesn't define who you are.

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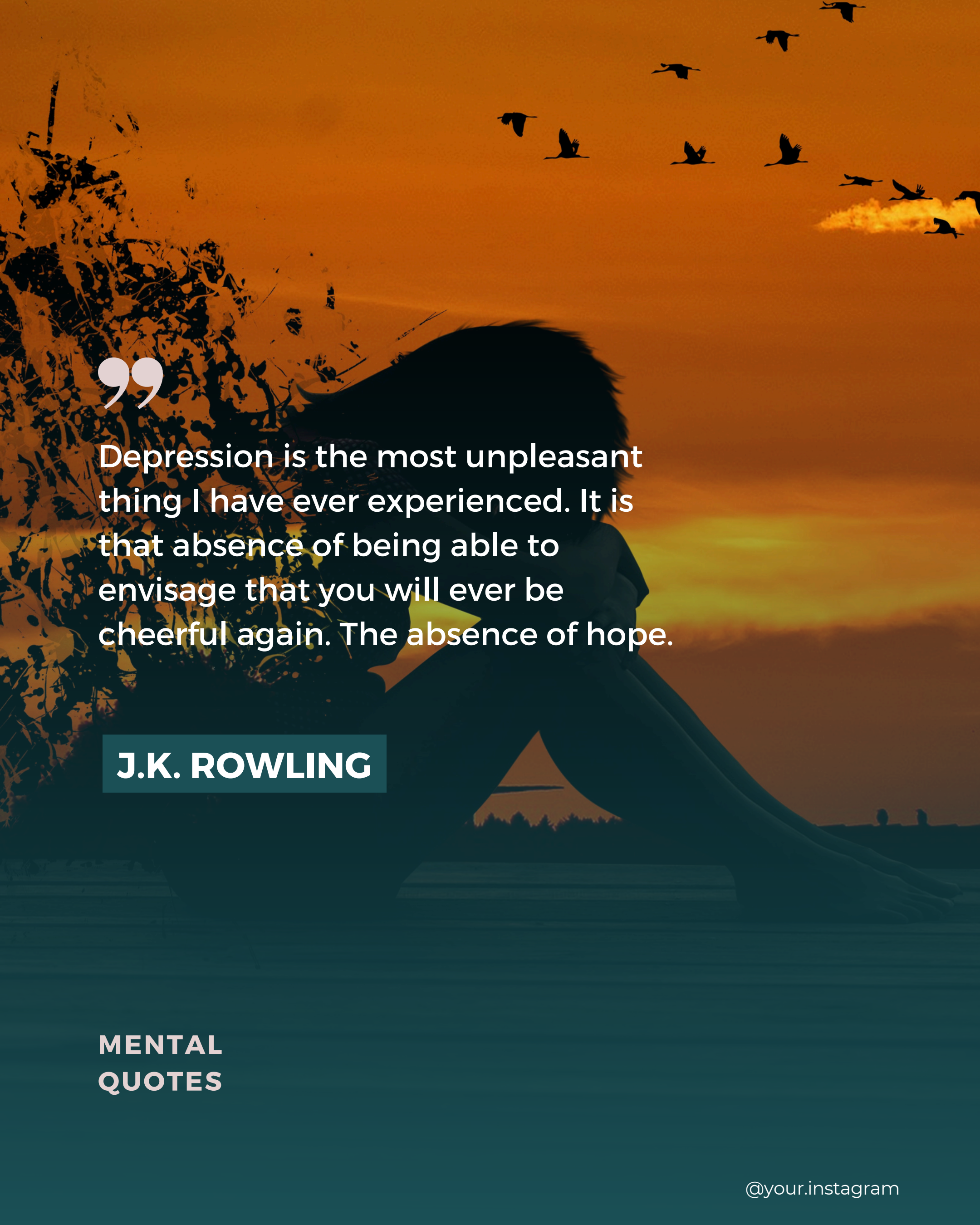


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A person is sitting on a bench, looking down, with a sunset and birds in the background. The person is in silhouette, and the background is a warm orange and yellow sky with several birds flying. The person is sitting on a bench, and their head is bowed. The overall mood is somber and reflective.

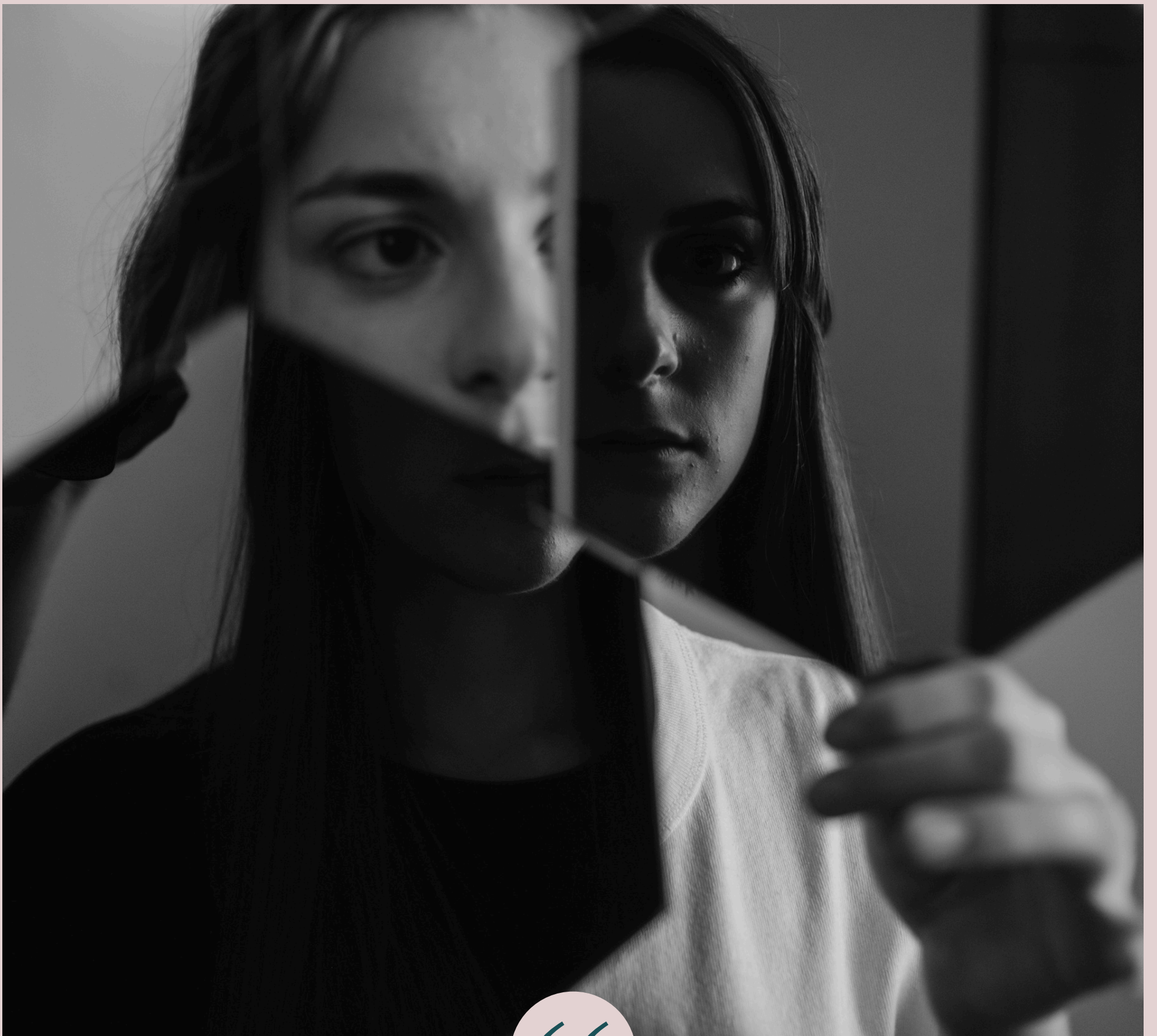
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Depression is the most unpleasant thing I have ever experienced. It is that absence of being able to envisage that you will ever be cheerful again. The absence of hope.

J.K. ROWLING

**MENTAL
QUOTES**

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Getting better from depression demands a lifelong commitment. I've made that commitment for my life's sake and for the sake of those who love me.

Susan Polis Schutz



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“

**Depression, suffering and anger are all
part of being human.**

Janet Fitch





Do you know the common signs and symptoms of depression?"

MENTAL HEALTH QUESTION
OF THE DAY

Q&A

What steps do you take when you
or someone close to you is
experiencing depressive episodes?

———— COMMENT YOUR ANSWER DOWN BELOW! ————

A person with long hair is lying on their side on a bed, looking at a laptop. The background is a wooden wall. The image is overlaid with a semi-transparent white box containing text.

MENTAL HEALTH QUESTION

Are you aware
of the effects of
depression on
one's daily life?