



## RISK FACTORS



- » Family or personal history of depression
  - » Stressful life events
  - » Substance use or dependence
  - » Lack of social support
  - » For women, changing hormonal factors
  - » Sleep deprivation
- Stress due to psychological factors, such as:
- » Multiple roles in the home or at work
  - » At risk for domestic violence
  - » Raising your children alone

## SIGNS/SYMPTOMS

Nearly every day, during the last 2 or more weeks, you have experienced:

- » Feelings of sadness
- » Loss of interest in activities you usually enjoy
- » Tiredness, less energetic or fatigue
- » Usually restless
- » Weight gain or loss in a short period of time without dieting
- » Trouble concentrating or remembering things
- » Feelings of hopelessness, worthlessness or guilt
- » Thoughts of suicide or death
- » Trouble sleeping or sleeping more than usual



## PREVENTION

- » Physical activity stimulates neurotransmitters in the brain to make you feel good. Turn off the T.V. and engage in more exhilarating activities. Try something new like rollerblading, salsa dancing, horseback riding or hiking with friends.
- » Stress often leads to depression. Managing your time more effectively will leave you more time for the things you love to do which makes everyone feel better. Open yourself to humor, friendship and love and look to these things to help you cope during rough times. If depression persists you should seek professional help.

