



# Depression

## Symptoms & Strategies



People with depression tend to have a depressed mood for at least two weeks. Depression is a low, sad state in which life seems dark and its challenges overwhelming. Depression has many symptoms other than sadness. The symptoms, which often feed upon one another, span five areas of functioning.

### Emotional Symptoms of Depression

- Feeling hopeless
- Feeling miserable
- Feeling empty
- Little pleasure from life
- Experience anxiety, anger or agitation

### Motivational Symptoms of Depression

- Lose the desire to pursue usual activities
- Lack of drive, initiative and spontaneity
- Have to force self to go to work, talk with friends or eat meals
- Uninterested in life

### Behavioral Symptoms of Depression

- Less active/productive
- Spend more time alone
- May stay in bed for long periods of time
- May also move and even speak more slowly

## Cognitive Symptoms of Depression

- Consider themselves inadequate, undesirable and inferior
- Blame themselves for unfortunate events
- Most are pessimistic
- Feeling confused
- Easily distracted
- Difficulty problem solving

## Physical Symptoms of Depression

- Headaches
- Indigestion
- Constipation
- Dizzy spells
- General pain

## Coping Strategies for Depression Symptoms

- Listen to music
- Talk to friends/family
- Pray/Meditate
- Take a bath or shower
- Play with a pet
- Exercise/Work out
- Seek assistance from a professional

## Depression Services at Prairie View

- Outpatient therapy
- Group therapy and support groups
- Behavioral Urgent Care Center
- Dialectical Behavioral Therapy
- TMS therapy for severe depression

**Transform your life.**

**Call us at 800-992-6292  
for an appointment.**

*Prairie View is accredited by The Joint Commission and licensed by the Kansas Department for Aging and Disability Services. Prairie View is also a member of Mennonite Health Services, an organization that brings Anabaptist-related health and human service providers together.*

