SITERO FRANCISCO MEMORIAL NATIONAL HIGH SCHOOL

Sta. Monica Subdivision Ugong Valenzuela City

**DEPARTAMENTO NG EDUKASYON SA PAGPAPAKATAO**

**Date: March 08, 2019**

**UNDERSTANDING DEPRESSION**

Causes of Depression

* Family History
* Major Life Changes

Symptoms of Depression

* Vary from person to person
* 2 key signs are loss of interest in things you like to do, and pervasive sadness or irritability
* Changes in feelings
* Changes in behavior and attitude
* Physical Complaints

Common Types of Depression

* Major Depression
* Dysthymia
* Bipolar Disorder
* Seasonal Affective Disorder (SAD)

Professional treatment is helpful for all these types of depression

* Psychotherapy
* Medical Treatment for Depression

Things to do

* Reduce or eliminate the use of alcohol or drugs
* Exercise or engage in some form of physical activity
* Eat a proper, well-balanced diet
* Establish a regular sleep Pattern
* Dealing with a depressed friend