

Depression: *System-Wide Crash*

Depression is not who you are. Depression is like a blanket or mask that hides your real personality.

Depression is not your fault; it is not because you are weak, or a “loser.” Depression is an illness, with symptoms like any other illness.

These are some of the common symptoms of depression. Circle the symptoms that apply to you.

BODY	BEHAVIOUR	MIND	EMOTIONS
<ul style="list-style-type: none">• No energy• Sleep changes• Appetite changes• Weight changes• Stomach problems• No sexual interest• Lump in throat• Tense muscles• Diarrhea• Constipation• Feel weighed down• Pain	<ul style="list-style-type: none">• Agitated, restless• Cry at least thing• Can't start things• Social withdrawal• Can't finish things• Clumsy• Slowed down• Snap at people• Frantically busy• Do nothing• Stop hobbies, etc.	<ul style="list-style-type: none">• Easily distracted• Poor memory• Can't think clearly• Body image worry• Can't make decisions• Slowed thinking• Racing thoughts• Spaced out• Obsessive thinking• Self-critical• Negative focus• Worrying• Suicidal thoughts	<ul style="list-style-type: none">• Depressed, down• Anxious, scared• Hopeless• Numb• Discouraged• Worthless, inadequate• Ashamed, guilty• Can't feel pleasure• Helpless• Lost• Frustrated• Alone