

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