

# Depression

## What Is It?



- **Depression**- emotional or mental stress, as well physical problems can induce depression, can lower the immune system making the body more prone to illness, inherited, often begins after a devastating or catastrophic event
- **Types of Depression**- Major depression, chronic depression or bipolar depression

## What Are The Symptoms?

- **Symptoms**- Sadness, insomnia, crying, lethargy, irritable, guilt, worthlessness, alienation, eating disturbances, difficulty sleeping or sleeping too long, weight loss or gain, thoughts of suicide, feeling or resentment or anger, overeating or binge eating, guilt, self criticism, hopelessness, nausea, vomiting, indigestion, heartburn, diarrhea, constipation, etc...



## Information:

- **Food and Mood are Connected**- the brain's neurotransmitters controlled by what you eat also control behavior
- **Encourage**- 3 healthy meals and snacks per day (6 total), eat high fiber and drink plenty of caffeine free low calorie beverages if overweight
  - **Underweight**- increase calories, supplements, ask MD about a multivitamin
- **Causes**- family history, personal history, chronic medical condition, recent personal loss, depressive personality, drugs and alcohol, winter weather

## What Can I Do?

- **See your Health Care Provider**- for more information, make time for vacations, spend time outside, talk to a therapist
- **See a Registered Dietitian**- for guidance
- **Talk to a Registered Pharmacist** for more information about your medications

