

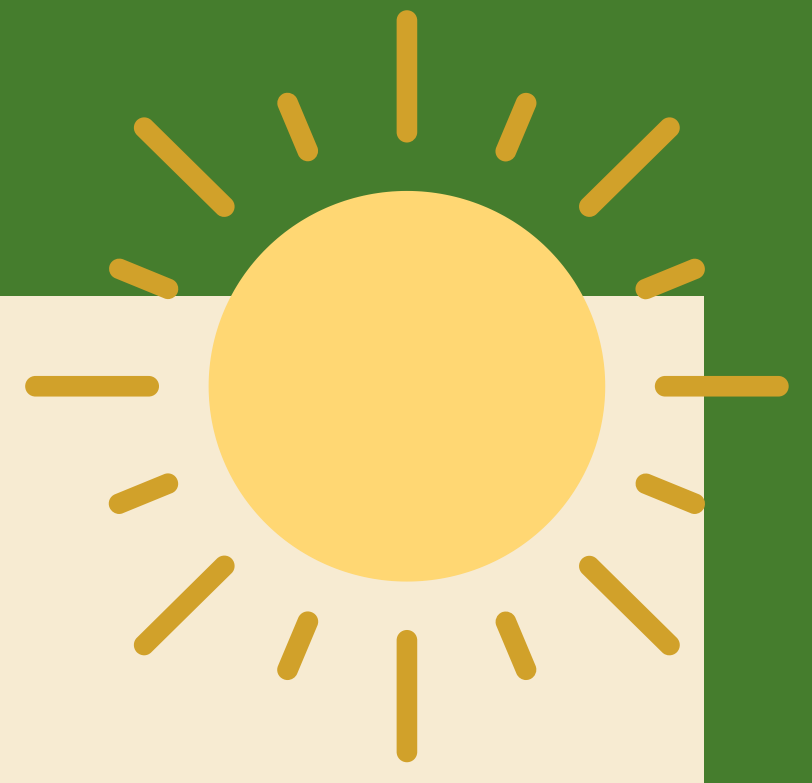
FAMILY CONCERN COUNSELING

Quick Guide For Fighting Depression

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Depression symptoms look like

- Depressed mood
- Loss of interest or pleasure
- Weight change
- Lack of concentration
- Feelings of worthlessness
- Thoughts of death
- Fatigue
- Difficulty sleeping
- Lasts longer than 2 weeks
- Causing significant changes, distress, or impairment in regular routine

Go Outside or Get Moving

Spending time outside in the sun can improve mental clarity and releasing good body chemicals to help bring more positivity.

Get Connected

Depression can create isolation. Connect with people, pets, nature, or spiritually.

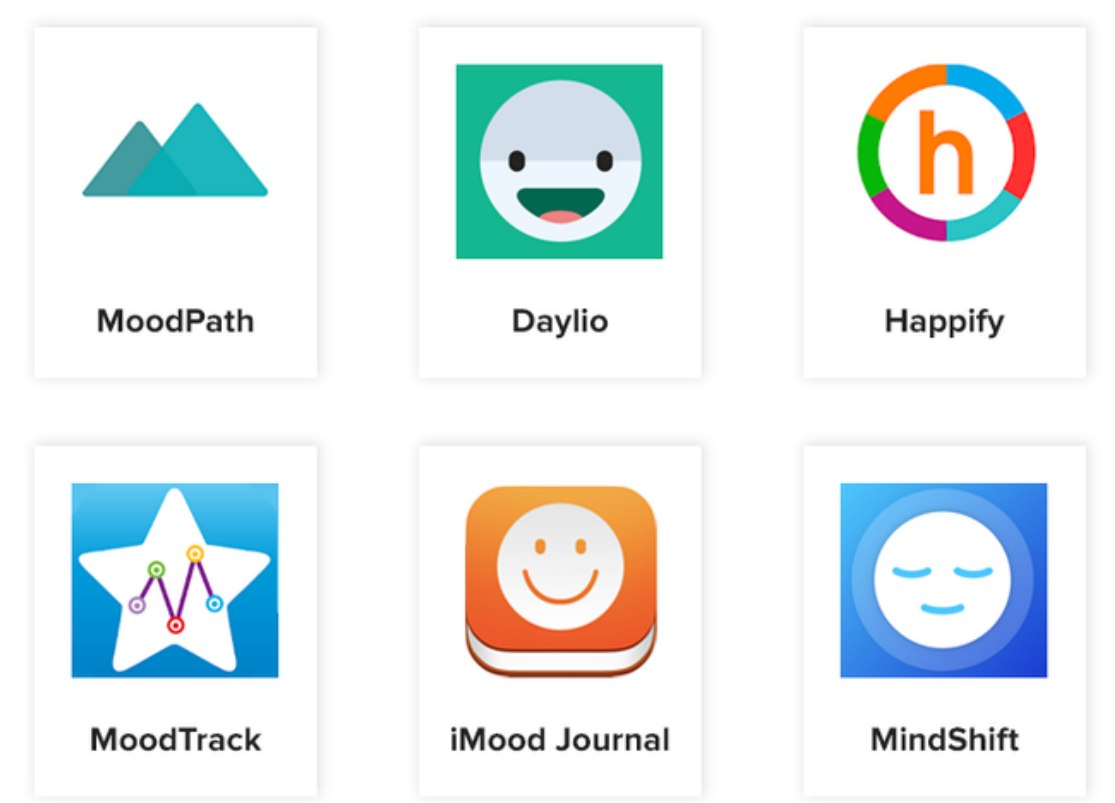
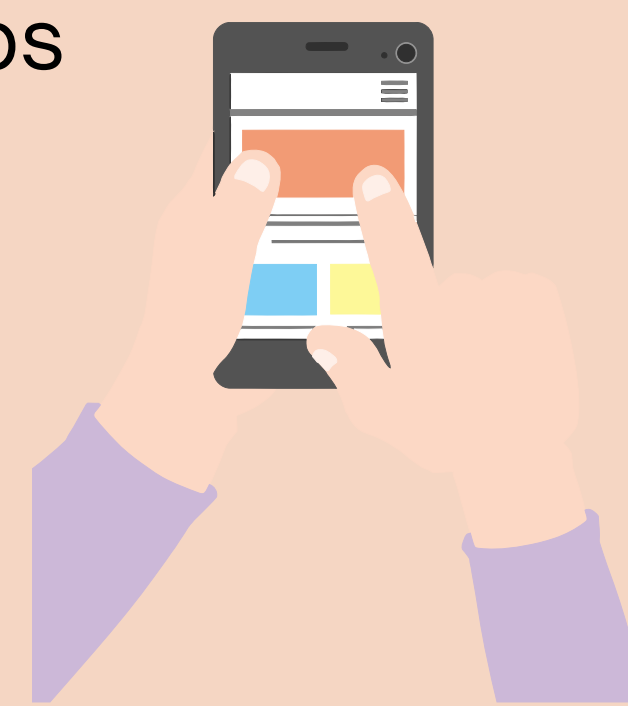


Connecting increases serotonin in the brain-which is important for the body's regulation for sleep, memory, hunger, and happiness.



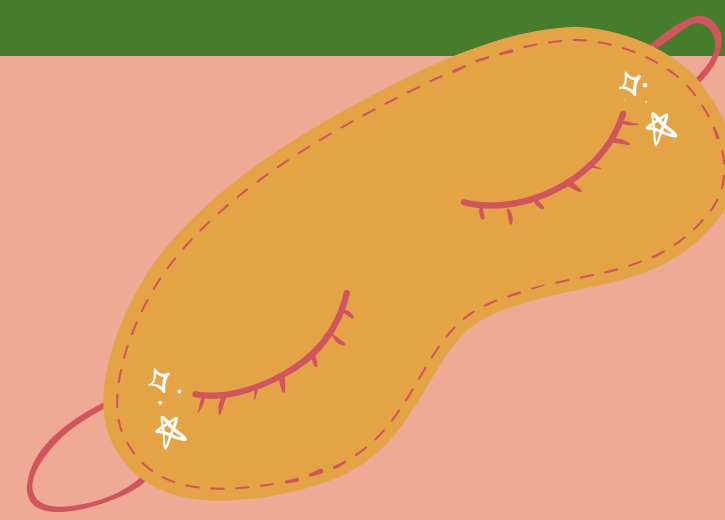
Track your moods

Tracking your mood can help manage them better. Here are some recommended phone apps



Restful sleep or Relaxation

Too much or not enough sleep can affect how brain and body functions. Finding rest or relaxation during the day can help improve mood.



Healthy nutrition and Drinking water

Food & water is just as important as rest & movement. A well fed and hydrated brain helps with function and feeling safe.



If you notice your symptoms are lasting longer than two weeks and/or getting worse reach out to a professional.

- A therapist
- Primary Care Physician
- National Hotline
- County Behavioral Health

Reach Out to a Professional

