

Depression

Empower yourself with knowledge

Depression can affect every area of a person's life, including work and family. There are a number of symptoms which signal depression. If someone you know has been trying to cope with several of these problems, encourage them to seek help.

- **Changed Sleeping Habits**
A depressed person will occasionally have a difficult time sleeping. They may lie awake worrying or suddenly wakeup and find themselves unable to fall back asleep. For others, depression can actually encourage them to sleep more than usual, which may be an attempt to avoid the reality of their problems.
- **Morbid Thoughts**
Depression can sometimes become noticeable because the person has reoccurring thoughts of death or suicide. If someone you know talks about suicide or dying, take them seriously. Chances are they are crying out for help.
- **Aches**
As the stress of depression takes its toll on the body, the depressed person may begin to experience back or stomach pain. When under constant pressure and anxiety the body will react to say that the stress is not natural.
- **Weight Changes**
Drastic changes in eating habits can often signify depression. Some people will stop eating and lose too much weight. Others will eat everything in sight. They are feeling despair and eating is a tool they use to help themselves feel better.
- **Sadness**
Depression may cause a person to feel an abundance of grief. At times, this sadness can be overwhelming.
- **Loss of Pleasure**
Maybe you have noticed your friend not enjoying the activities he once found enjoyable. Where there used to be enthusiasm, there is fatigue. His interest has been replaced by listlessness. This is a good indication that he may be suffering from depression .

These intense feelings of hopelessness can be dealt with effectively. You can help someone who is suffering from depression by lending your support and encouraging them to seek help.