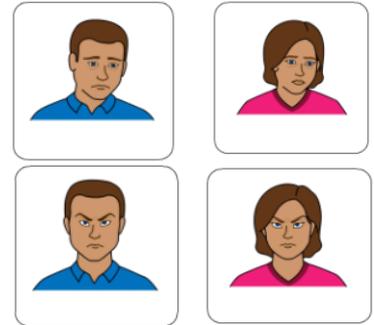


Coping with Depression

What is depression?

You might

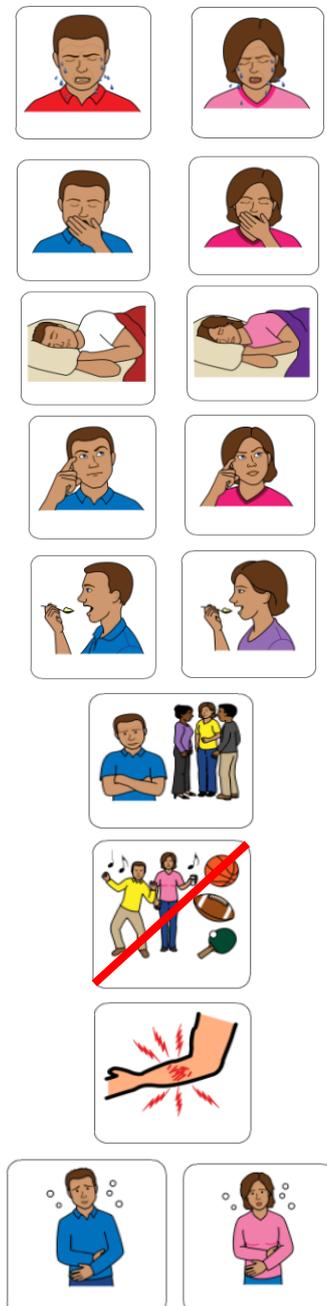
- feel very sad and low in mood
- find it hard to be happy
- feel angry or upset most of the time



When these feelings don't go away this is called depression.

When you feel depressed you might:

- Cry a lot
- Feel tired all the time
- Sleep a lot or find it hard to sleep
- Find it hard to think clearly
- Eat too much or too little
- Want to be on your own
- Not want to do the things you use to do
- Want to hurt yourself or think about dying
- Feel unwell



- Not look after yourself. You might not have a shower.
- Think that something bad is going to happen
- Think horrible thoughts about yourself



Depression can be caused by lots of different things:

- Losing someone you love
- Something bad might have happened in your life; big or small
- You may have an illness that gives you lots of pain in your body
- It may be caused because you cannot see your family and friends



What you can do to help you feel better:

- Talk to others – talk to your carer or friends and family over the phone.
- Keep yourself busy by doing something you like
- Do something that needs to be done.



- Do a chore at home e.g. the washing up or hoovering



- Go out for your daily exercise.

Try to go for a walk somewhere green, e.g. park, woods, by the river.



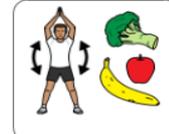
- Relax by listening to music or have a bath



- Try a new hobby



- Eat healthy snacks and meals



- Do not drink alcohol. Alcohol can make you feel more sad and worried.



- Write down how you are feeling



Coronavirus means you **cannot** do the things you use to do

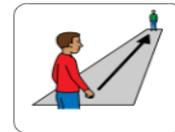
- see friends and family
- go shopping when you want
- go out for a walk when you want
- talk to people in the street



Coronavirus means you **still can** do some things

If you are 2 meters apart from other people you can

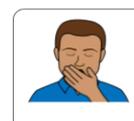
- Go out for exercise **once a day**
- Go out for really important shopping



Coronavirus can make you feel worried and upset

It helps to talk to people over the phone when you are upset.

When you feel depressed your body may feel different:



- Feeling tired
- Sleep a lot
- Eating too little
- Feeling unwell



Coronavirus can also make us feel these things

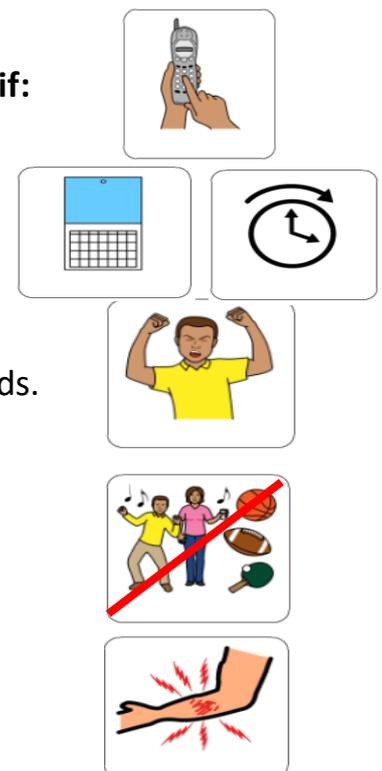
SO talk to a carer or a medical person or 111.

To find out if it is Coronavirus or depression that is making you feel unwell.



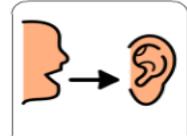
It is important to ask to talk to your GP, 111 or Samaritans if:

- You do not feel better over time.
- You feel very upset or angry towards family and friends.
- You no longer want to do the things you used to do
- You want to hurt yourself



People who feel depressed do get better. Other people can help you. They can:

- Help you by talking to you and listen to your problems



- Ask you what is wrong



- Help you find way to help you deal with your depression

