

UNDERSTANDING DEPRESSION

IT'S MORE THAN JUST SADNESS

KEY SYMPTOMS



PERSISTENT SADNESS



LOSS OF INTEREST



SLEEP DISTURBANCES



SIGNIFICANT FATIGUE



DIFFICULTY CONCENTRATING



FEELINGS OF WORTHLESSNESS

UNDERLYING RISKS & CAUSES



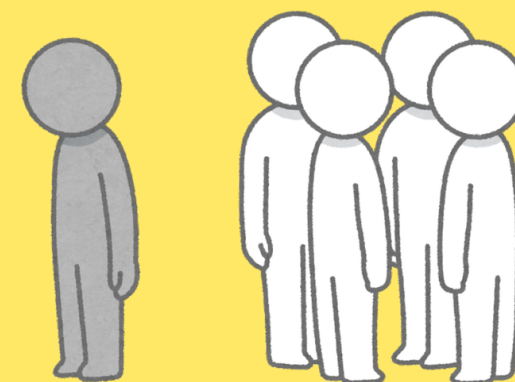
BIOLOGICAL FACTORS



TRAUMATIC EXPERIENCES



CHRONIC STRESS



SOCIAL ISOLATION

PATHWAYS TO HEALING



IDENTIFY NEGATIVE THOUGHTS



REPLACE WITH REALISTIC THOUGHTS



STAY CONNECTED WITH PEOPLE YOU TRUST



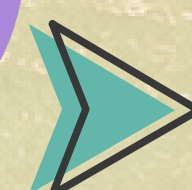
PSYCHOTHERAPY CBT



BE KIND TO YOURSELF



HELPS BALANCE BRAIN CHEMISTRY



TAKE BREAKS WHEN NEEDED



SELF CARE

SOCIAL SUPPORT



MEDICATION



[HTTPS://WWW.INSTAGRAM.COM/UNMASKED.DEPRESSION](https://www.instagram.com/unmasked.depression)