

Finding Your Way Through Depression

Depression can feel overwhelming, but you're not alone, and help is available. If you've been feeling down for more than two weeks without a clear reason, it might be time to reach out. Early action can make a big difference in finding relief



Signs

Depression affects everyone differently, but common signs include:

- Changes in sleep or appetite
- Low energy and difficulty concentrating
- Loss of interest in things you usually enjoy
- Withdrawing from others
- Feeling hopeless, helpless, or overwhelmed
- Dwelling on negative thoughts

Risk Factors

Some factors that may contribute to depression include:

- Family history of depression
- Physical illness or chronic pain
- Trauma or high levels of anxiety
- Alcohol or drug use
- Life stressors like work conflict, unemployment, or relationship issues

Goals: Recovery takes time, but small, achievable goals can help. Even a short walk around the block can boost your mood. Prioritising sleep, eating a balanced diet, and cutting back on caffeine, alcohol, and sugar can also make a difference.

Physical Health: Physical and mental health go hand in hand. Exercise helps reduce stress hormones and boosts feel-good chemicals like serotonin and endorphins. Prioritise good sleep, eat well, and find small ways to stay active.

Mindfulness: Being caught up in negative thoughts can make things feel worse. Mindfulness—focusing on what you see, hear, and feel in the moment—can help bring a sense of calm. Try asking yourself, “Is there another way to see this situation?”

Thoughts

Try to shift your perspective by looking for shades of grey rather than extremes. When negative thoughts arise, challenge them by asking, “Is there another way to see this?”

Support: Reaching out isn't a sign of weakness—it's a step toward feeling better. Talking to someone can help lighten the load and keep you moving forward.

To book an appointment with one of our counsellors, call or scan the QR Code



1300 66 77 00
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