

The Vicious Cycle of Depression

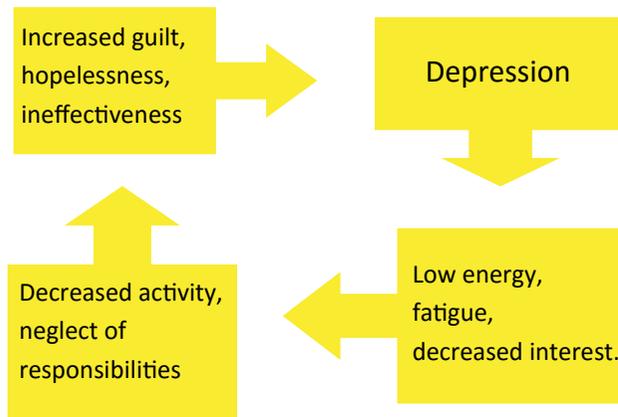


The symptoms of depression can bring about some drastic changes in a depressed persons' life, daily routines and their behaviour. Often it is these changes that make the depression worse and prevents the depressed person getting any better.

For example, a lack of motivation or a lack of energy can result in a depressed person cutting back on their activities, neglecting their daily tasks and responsibilities, and leaving their decision making to others. Have you noticed these changes in yourself when you are depressed?

You may find that you have become less and less active, don't go out much anymore. Avoid meeting up with friends and stopped engaging in your favourite activities. When this happens, you have become locked in the vicious cycle of depression.

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When your activity level decreases, you may become even less motivated and more lethargic. When you stop doing the things you used to love, you miss out on experiencing pleasant feelings and positive experiences. Your depression could get worse.

Similarly, when one begins neglecting a few tasks and responsibilities at work or at home, the list may begin to pile up. As such, when a depressed person thinks about the things they have to do, they may feel overwhelmed by the tasks they have put off doing. This may result in them feeling guilty or provoking thoughts of being ineffective or even a failure. This can worsen the depression.

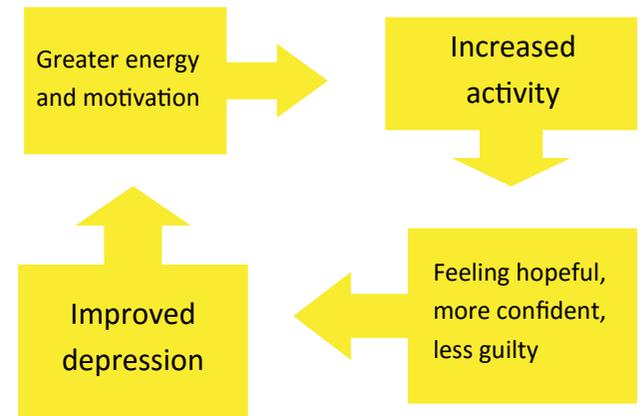
Reversing the Vicious Cycle of Depression

One way of breaking the cycle is through the use of medication. Anti-depressants can help change your energy levels and improve your sleep.

Another way is to simply increase your activity level, especially in pleasurable activities and tackling your list of tasks and responsibilities, but doing it in a realistic and achievable way so that you set yourself up to succeed.

Becoming more active has a number of advantages:

- Helps you to feel better
- Helps you feel less tired
- Helps you to think more clearly



Possible activities to improve your mood:

- Soaking in the bath
- Collecting things (coins, shells etc)
- Going for a day trip
- Going to see a cheerful film at the cinema
- Playing sport
- Having a BBQ
- Going for a walk, jog or hiking
- Listening to uplifting music
- Gardening

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