



Depression, Anxiety,

is a state of low mood and aversion to activity. It can affect a person's thoughts, behaviour, motivation, feelings, and sense of well-being. It may feature sadness, difficulty in thinking and concentration and a significant increase or decrease in appetite and time spent sleeping. People experiencing depression may have feelings of dejection, feeling of not belonging.

To help you along the way to recovery, I have put together, the symptoms, and ways to overcome this. Self-treatment: Self-care steps that may be helpful in some less-serious cases. So, it is important to recognise the symptoms in their early stages, please see the list of symptoms below and ways to Self-help to overcome this.

PLEASE REMEMBER **TALKING** ABOUT NOW YOU ARE FEELING WITH A FRIEND OR FAMILY MEMBER IS THE START OF YOUR OWN RECOVERY.

Depression Early signs:

What are the physical signs of Depression and Anxiety, they go hand in hand ,

Common symptoms include:

- sadness
- tiredness
- trouble focusing or concentrating
- unhappiness
- anger
- frustration
- loss of interest in pleasurable or fun activities
- sleep issues irritability
- (too much or too little)
- no energy
- craving unhealthy foods
- anxiety
- isolation...

If you can relate to any of the above, see below, the 15 ways to overcome Depression, Through Self-Help that can help you through this at its early stage.

15 Ways to Overcome Depression:

1. Spend more time outdoors,

2. Make a list of what you like about yourself,
3. Spend time with your friends and family
4. Listen to music
5. Watch a movie, or Tv show,
6. Take care of a few small tasks
7. Play with a pet,
8. Volunteer for a good cause,
9. Do something that you enjoy, or used to enjoy,
10. Exercise regally, better with a friend,
11. Eat a healthy diet,
12. A good sleep schedule,
13. Have a hobby, or interest that you like
14. Stay positive
15. Care for yourself,

Self help at an early stage, is so important, do not let it take control of you,

Ways to overcome Anxiety

Anxiety is not always related to an underlying condition. It may be caused by:

- Fear characterized by behavioural disturbances.

- Stress that can result from work, school, personal relationship
- Emotional trauma
- Financial concerns
- Stress caused by a chronic or serious medical condition
- A major event or performance
- Side effect of certain medications
- Alcohol consumption, drugs

Self-treatment: Self-care steps:

that may be helpful in some less-serious cases,

- Exercise daily
- Maintain a positive attitude
- Learn what triggers anxiety and alleviating it
- Practice relaxation techniques such as yoga
- Stop smoking and consumption of caffeinated drinks

See a doctor immediately if you notice:

- Suicidal thoughts
- That you are having a panic attack

It is especially important to Talk about now you are feeling, as this first step makes a big difference in your recovery.

Take care and stay safe, from all in the Mental Health Crisis Group.