

DEPRESSION

Navigate Psychology



NAVIGATE PSYCHOLOGY:

Location:

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WHAT IS DEPRESSION?

By Rebecca Anderson (Clinical Psychologist)

It's normal to feel sad or low every now and then. However some people experience these feelings intensely for weeks, months or sometimes years. Depression affects one in six Australians and it does not discriminate based on gender, age or income.

Some of the signs to look out for include feelings of worthlessness, hopelessness, being teary, irritable, experiencing a lack of enjoyment in previously enjoyable activities, low motivation, having difficulty concentrating, withdrawing from others, having suicidal thoughts and noticing sleep or appetite changes.

STRATEGIES TO WORK THROUGH DEPRESSION

Schedule Pleasant Events

There is a lot of evidence that indicates scheduling events that focus on social connection, achievement or enjoyment can reduce the fatigue associated with depression. When you stop enjoying things, it makes sense you want to do less. However, this also means you never give your mood a chance to improve. It is important to start with small tasks at first (e.g. texting a friend; cleaning your desk; sitting on your balcony) and move to things that are bigger over time (e.g. meeting up with a friend for coffee; cooking a meal; going for a long walk). Remember, action has to come before motivation does.

Prioritise the Basics

If you are feeling low you may notice your sleep or eating patterns are interrupted. It is important to ensure you are getting enough sleep, but that you do not oversleep and nap in the day. It is also important to prioritise regular eating. Food is medicine. If you find it too overwhelming to go to the shops, there are services such as 'HelloFresh' or 'Marley Spoon' where you can choose recipes and the ingredients are delivered to your door. If that feels too overwhelming then microwave meals or cooking meals in bulk are good alternatives. You can also use paper plates to avoid having to clean up.

Watch Your Self-Talk

Often it is not what happens to us, but how we interpret what happens to us that impacts how we feel and behave. Extreme thinking will result in extreme emotions. Being able to spot common thinking errors (e.g. 'I'm a failure; I'm not good enough') and challenge unhelpful thoughts can help increase well-being. A psychologist can help teach you how to do this.

Seek Support

Depression is serious. Although it can make you want to withdraw, it's important to reach out to family, close friends and your doctor to let them know what you are going through. A clinical psychologist can work collaboratively with you to help you overcome your current difficulties so that you can move from just getting by, to thriving.



Navigate Psychology is a practice located in the heart of the Sydney CBD. We specialise in working with individuals aged 16 years and over.

Presentations:

Anxiety
Depression
Postnatal depression
Substance use + addiction
Sleep issues
Work stress/burnout
Relationship stress
Grief
Trauma
OCD

If you would like support, please reach out today.

Contact

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