

Signs or Behaviors of Someone Going Through Depression:

1. Not wanting to go out and be social anymore. Increased isolation.
2. Not getting things done at work or at school. Poor attendance at work/school.
3. Reliance on alcohol/drugs for sedatives.
4. Withdrawn from family.
5. Changes in sleeping patterns.
6. Changes in mood. Angry outbursts, irritability or frustration, even over small matters
7. Tiredness and lack of energy, so even small tasks take extra effort
8. Feelings of worthlessness or guilt, fixating on past failures or self-blame
9. Changes in self-esteem.
10. Anxiety, agitation or restlessness.

Supports for Someone Going Through Depression:

1. I think the best way you can support a person with depression is to learn about depression and symptoms. Need to educate yourself first.
2. Be there to talk and show that you understand.
3. Ask how you can help?
4. Help them with taking care of their self-cares. For children: Are they getting enough rest and proper nutrition?
5. Encourage them to seek help from a professional.
6. Help them learn new coping skills to help them fight the depression/maybe practice with them so they don't feel alone.
7. Encourage them to talk about a medication plan if they struggle with managing the symptoms on their own.
8. Make sure that their environment is inviting. Is it clean, free of safety risk, etc.
9. Make plans together.
10. Help them create a regular routine so they can feel like they have some control.

Ideas to Fight Depression in Winter Months:

1. Take a Vitamin D supplement.
2. Try using light therapy boxes; they give off light that mimics sunshine.
3. Plan social get togethers 1-2 times per month in advance with your friends. Rotate locations: your house one time, then your sibling's, friend's, etc.
4. Try aromatherapy: The essential oils can influence the area of the brain that's responsible for controlling moods and the body's internal clock that influences sleep and appetite.
5. Try exercise daily.
6. Open up the windows and let as much light in as you can.
7. Take a vacation--go someplace warm.
8. Follow a routine.