

# Understanding Depression



We all feel down sometimes. Unfortunately, temporary and relatively short periods of low mood are part of life.

But when your low mood really starts to impact your daily functioning and interfere with your quality of life, it may be time to get some help.

## Depression in Australia

According to the National Study of Mental Health and Wellbeing, **1.5 million Australians** aged 16–85 had a depressive disorder **lasting for more than 12 months** in 2020–21 alone.

## Common Symptoms

Depression isn't just a temporary feeling or mood. It's a deep-rooted condition that impacts daily functioning, as well as how a person thinks, feels and behaves. Common symptoms include:

### Emotional symptoms

- Chronic anxiety
- Sadness and worthlessness most of the time
- Shame and guilt
- Self-loathing

### Physical symptoms

- Hopelessness
- Automatic negative thoughts
- Trouble paying attention
- Forgetfulness
- Suicidal thoughts

### Cognitive symptoms

- Hopelessness
- Automatic negative thoughts
- Trouble paying attention
- Forgetfulness
- Suicidal thoughts

### Behavioural symptoms

- Absence of interest and pleasure in previously enjoyed activities
- Relationship difficulties
- Social anxiety and withdrawal

## Managing Depression

Studies have empirically proven that individual therapy can be incredibly beneficial in helping people with depression.

Effective treatments for depression involve:

- Cognitive Behavioral Therapy
- Mindfulness-based cognitive therapy
- Interpersonal therapy

There are also some excellent self-help strategies that've been shown to reduce symptoms of depression. These include regular exercise, good sleep hygiene, improving social connections and eating a brain-healthy diet.



## Getting Help



Call us on **1300 151 110** to book an initial consultation with a qualified and compassionate psychologist.

[www.unboundminds.com.au](http://www.unboundminds.com.au)