

CYCLE OF DEPRESSION

NEGATIVE EVENT

- Death
- Loss or Isolation
- Illness
- Conflict
- Unsuccessful Experience

POSITIVE THINKER

- "I can handle this."
- Realistic expectations

W/O strong support system

EMOTIONAL CONSEQUENCES

- Despair
- Hopelessness
- Helplessness
- Guilt
- Anxiety & Panic

Depressive Thinking Style

NEGATIVE THINKER

- "I can't handle this."
- Unfair & Unrealistic thoughts
- Self-criticism
- Negative Thought Distortions

W/O strong support system

PHYSICAL SYMPTOMS

- Aches & Pains (migraines)
- Tension
- Fatigue
- Intestinal & Bowel Issues
- Loss of Appetite
- Reduced Concentration / Attention

CORTISOL

PSYCHO-SOCIAL CONSEQUENCES

- Increased Stress
- Sensory Overload
- Increased Sensitivity to Pain
- Rumination of Negative Thoughts
- Fewer Pleasant Experiences (strengthens negative memories)

Changes in Brain Chemistry Occur

EMOTIONS

- Discouragement
- Sadness
- Irritability & Anger
- Numbness
- Excessive Worries
- Loneliness

BEHAVIORS

- Poor sleep (too little, too much)
- Poor self-care
- Reduced motivation (procrastination)
- Poor nutrition (over/under eat/cravings)
- Reduced Activity level (low energy)
- Argumentative (Fight)
- Withdrawal / Isolation (Flee)
- Indecisive / Avoid (Freeze)

STRESS HORMONES

SERITONIN ↓

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