

DEPRESSION

IDENTIFY
THE
PATTERNS





THE GROWTH PLACE

DEPRESSION

IDENTIFY THE PATTERNS

Learning to recognise some of the signs and symptoms we face when suffering with depression can help us to identify how we are feeling and when we need to make a change. Here are a few questions you might want to ask yourself to do a quick check on your current frame of mind.

1

How are you feeling?

It is normal for us to have bad days, feel sad and upset. Having a full set of emotions that we experience at different times is what makes us human, but what we don't want is to feel down all the time. If we start to lose the ability to feel happy or see the positives then now may be time to start assessing where your heads at.

2

How long do you sleep?

Having a good nights rest is important to ensure that our batteries are fully charged and ready for us to face the day. However lack of sleep or indeed too much sleep can be a sign that your mind needs some tlc. A lack of sleep can mean your mind is being over active and it's not going to help you be at your best in the morning, this in turn can then affect your mood. On the contrary if you are feeling exhausted and over sleeping this tiredness is going to impact your ability to do day to day things and the energy levels that you have.

3

What are you thinking about?

Depression effects everyone in different ways but it most certainly will impact the way that you view the world. It is likely that find it hard to see the positives and your mind focuses in on anything bad that is happening and reminding you of these things constantly. Taking a note of what you are mostly thinking about will help you to identify if you are focusing too much on the negatives and need to work harder on noticing the positives.

4

Are communicating?

If you are starting to fall into a negative head space it can be easy for you to feel the need to be alone. You may notice you stop bothering with friends and family. You may find you become more isolated because that's what you think you want and need. What you need is to keep talking, communicate with those around you, let them know how you are feeling and allow them to help you find yourself ways to improve your mood by doing things you once enjoyed.



DEPRESSION

Reflect, write and be honest.

1

How are you feeling? How do you want to feel?

2

How long do you sleep? Are your batteries fully charged in the morning? What is stopping you?

3

What are you thinking about? How does that make you feel?

4

Are you communicating? Who with? How does it make you feel?





DEPRESSION

WHAT ARE YOU GOING TO DO DIFFERENTLY?

REWRITE
THE
PATTERNS

FREE
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11 TOP TIPS FOR PEOPLE WHO SUFFER WITH DEPRESSION
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