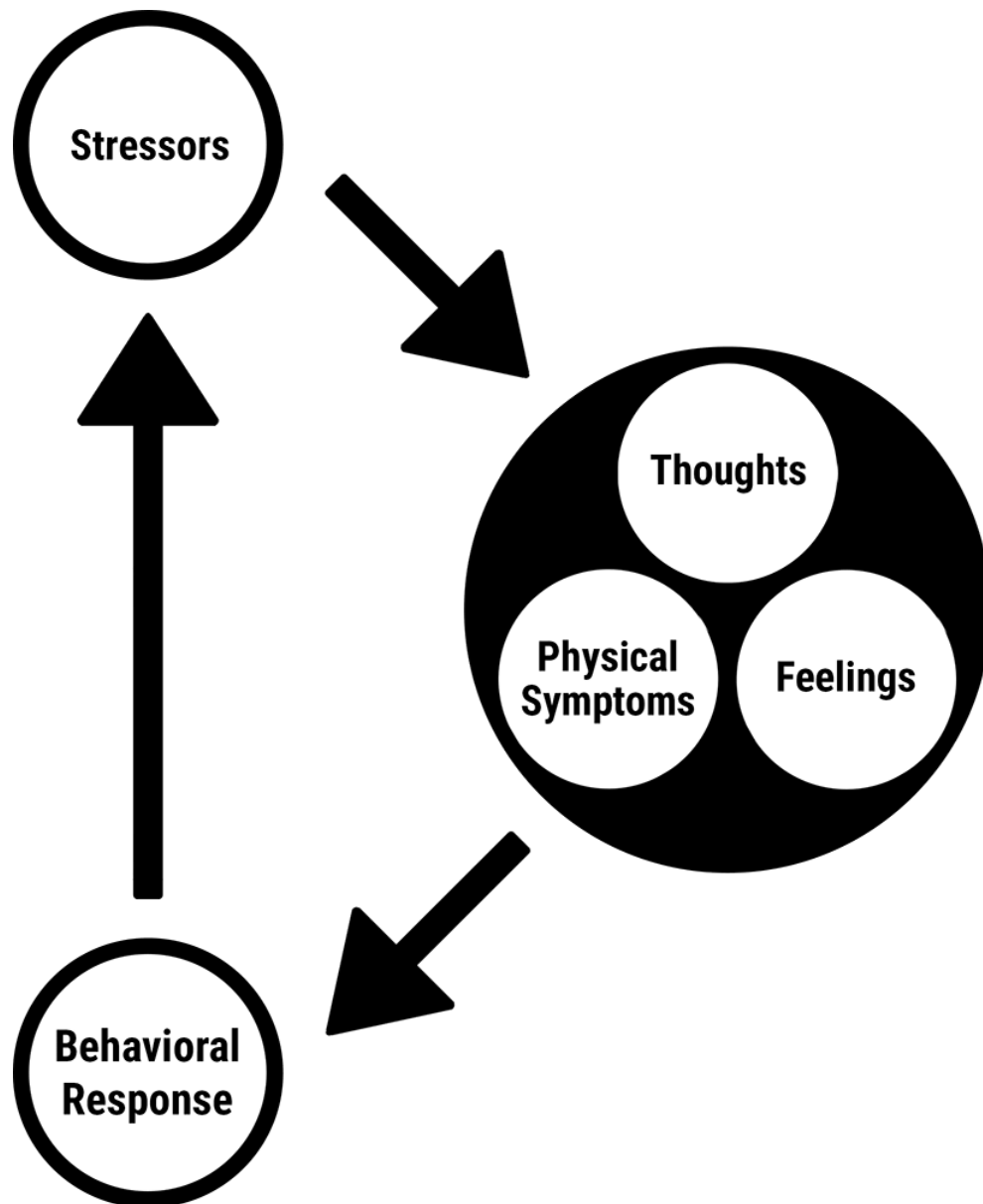


The Cycle of Depression



Stressors

A stressor is any situation that causes strain or hardship. These may be short-term or long-term.

Thoughts

Stressors often lead to negative thoughts, which may be irrational, or exaggerated.

- “I need to be *perfect*.”
- “Nobody likes me.”
- “I’m not good at anything.”

Feelings

The way a person thinks about something has a major impact on how they will feel, and vice versa.

- sadness
- anger
- hopelessness
- loneliness

Physical Symptoms

The body responds to stressors, and negative thoughts and feelings, with physical symptoms.

- fatigue
- sleep problems
- poor concentration
- loss of motivation

Behavioral Response

The way a person acts in response to thoughts, feelings, and symptoms may worsen stressors, or create new stressors.

- social isolation
- neglecting daily tasks
- abusing drugs / alcohol