

# YOU AND YOUR BAD MOOD

## ***"Sometimes I feel so useless and afraid"***

Sound familiar?

Depression is the most common and perhaps the oldest known emotional problem. Socrates described it as melancholia. Lincoln suffered from depression most of his adult life. Churchill called it his black dog. Some people say they have the blues or that they are in a bad mood. It doesn't matter what it is called so long as you recognize that your bad mood is not unique.

Depression can be caused by chemical changes in the body, by the way we react to events in our lives, or by events in our distant past, which we thought we had forgotten.

We all have periods when we feel worthless, afraid, useless or alone. Often circumstances such as the death of someone close, divorce, or the loss of a job can trigger a depressed mood. This is normal, but when the depression lasts a long time, or gets in the way of your being yourself, you should seek professional help. If your depression is not severe, there are ways you can help yourself.

## ***If you have the blues, you CAN help yourself!***

- Concentrate on doing things that you do well in order to build up your self-esteem.
- Engage in physical activity of some kind.
- Talk your feelings over with someone you trust. And don't forget your community "hot-line" if you want to talk anonymously.
- Focus your energy upon someone besides yourself. Visit someone who is ill or lonely.
- Break up your usual routine. Take a different route to work. eat something new for lunch at a different time and place than usual. Take a vacation if you can.
- List as many of your personal and professional accomplishments as you can.
- Even though you may not feel like it, work at making your physical appearance as nice as possible.

***"You're only human"***



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