

A photograph of a woman with her hair tied back, sitting on a white sofa. She is looking down with a sad expression, holding a blue textured blanket. The background is a bright, out-of-focus room with a white bookshelf.

CHEAT SHEET

Bid Adieu to all your Mental Sufferings
Today & Mitigate the Affliction of
Depression!!!

What is Depression?

- ✓ It is a clinical syndrome
- ✓ An illness that involves the body, mood, and thoughts
- ✓ It is not same as passing a blue mood
- ✓ Depression is a feeling of 'Emptiness'
- ✓ Comes with feelings of worthlessness and self-loathing
- ✓ It different from the fluctuations in mood that people experience as a part of normal life

Causes of Depression

- ✓ **Biological Factors**
 - Caused by an imbalance of neurotransmitters in the brain and spinal cord
 - Caused by changes in the functioning of certain other signaling chemicals in the brain.
- ✓ **Psychological Factors**
 - Childhood and Upbringing
 - Personality
- ✓ **Environmental Factors**
 - Major Life Events
 - Abuse
 - Medication
 - Death or Loss
 - Age
 - A past episode of major depression
- ✓ **Personal Factors**
 - Genetics/Family History
 - Bullying
 - Social Isolation
 - Medical Illness
 - Drug overuse
 - Alcohol abuse and smoking

Signs and Symptoms of Depression

- ✓ **Behavioural Symptoms**
 - Not willing to go out

- Isolating from family and friends
- Relying on alcohol and sedatives
- Lack of concentration and memory loss

- ✓ **Emotional Signs and Symptoms**
 - Feeling of guilt
 - Irritation, frustration or agitation
 - Unhappiness
 - Lack of self-confidence
 - Anger outbursts
 - Suicidal Thoughts

- ✓ **Physical Symptoms**
 - Sick and run down
 - Headache and muscle pain
 - Churning gut
 - Insomnia
 - Change in appetite

Types of Depression

- ✓ Major Depression/ Major Depressive Order
- ✓ Bipolar Disorder
- ✓ Cyclothymic Disorder
- ✓ Persistent Depressive Disorder/ Dysthymia
- ✓ Seasonal Affective Disorder (SAD)
- ✓ Premenstrual Dysphoric Disorder (PMDD)
- ✓ Postpartum Depression
- ✓ Situational Depression
- ✓ Substance-Induced Mood Disorder (abuse or dependence)

Risks of Untreated Depression

- ✓ Prolonged Personal Suffering
- ✓ Worsening of symptoms
- ✓ Risk of suicide
- ✓ Damage to relationships
- ✓ Damage to children
- ✓ Loss of work and Reduced productivity
- ✓ Sowing the seeds of relapse

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- ✓ Alcohol and drug abuse
- ✓ Increased mortality
- ✓ Reckless behavior

How to Treat Depression Naturally?

- ✓ Herbal Remedies
- ✓ Mood-Enhancing Supplements
- ✓ Keeping hormones in balance
- ✓ Talking therapy
- ✓ Acupuncture
- ✓ Hypnotherapy
- ✓ Healthy diet and lifestyle

Exercises to Cure Depression

- ✓ Yoga
- ✓ Running
- ✓ Hiking
- ✓ Dancing
- ✓ Strength training
- ✓ Tai chi
- ✓ Bouncing
- ✓ Cardio and aerobics

Preventing the Return of Depression

- ✓ Maintain a healthy lifestyle
- ✓ Exercise regularly
- ✓ Avoid alcohol and drugs
- ✓ Stress management
- ✓ Health thinking
- ✓ Stick to treatment



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