

**www.bipolarhappens.com**  
**Health Cards**  
**DEPRESSION Sample**

**SYMPTOMS**

“I’m bored”  
“You never want to do anything with me”  
“What is the point?”  
“I have no friends”  
“This will never work. I’ll never succeed”  
“I wish I were dead”  
“I feel like a failure”  
“What is the point of life?”  
Embarrassed about my lack of performance academically and professionally  
Sympathy sob – I cry so easily.  
“Is this all there is?” My life is pointless.  
Sitting in chair – like a zombie.  
Excess baths – lots of hot water.  
Excess eating – all sugar.  
Can’t make decisions – very anxious.  
Can’t create anything – and never will.  
Wake up unhappy – for no reason.  
Feel a lot of guilt for something – not sure what it is.  
Way too sensitive to what others say.

**WHAT I CAN DO**

I can listen when people tell me that they think I’m depressed and need help  
I can exercise – even a small walk.  
I can really be careful with what I eat.  
Peppermint aromatherapy  
Know what type of depression I’m having – that way I can treat it correctly. If I’m anxious or paranoid.  
Remind myself that it’s ok to get less done in a day– I can do my best on what has to get done.  
Spend the day taking care of myself.  
I will make a decision even though it seems impossible. I will remind myself that I won’t like the decision no matter what, but I’m going to decide anyway.  
I will not drive aimlessly.  
If I’m standing on a street, unable to decide where to go, I will make myself walk in one direction.  
I will decide to do something other than eating junk food, drinking coffee, alcohol.  
I WILL ask for help. I will remind myself that it’s an illness.

**HOW YOU CAN HELP**

Call me and ask me to do something! If you haven’t heard from me in a while, I’m probably depressed and can’t ask for friendship.  
Plan something for us to do together.  
Get me outside and doing things.  
Say. “I can see that you’re depressed. How can I help?”  
Don’t ask me if anything’s wrong. I’ll say no. Don’t ask me how I am. It doesn’t help. Be more specific. ‘Are you depressed?’  
Don’t try to talk me out of the depression, instead get me to do something active  
Take a walk with me.  
I don’t need a hug or physical touch - unless I ask for it.  
Don’t try to talk me out of my negative thoughts (Julie. You know that you have friends!) – it won’t work. Don’t try to reason with me – I’m not able to reason when I’m depressed.  
Remind me that it’s an illness and that I’ve done nothing wrong.