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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.