

DEPRESSION

Depression is more than “feeling down”, blue, or having a few bad days. Depression is a pervasive and persistent sadness that results in an increasingly pessimistic outlook on our lives. It blocks us from living our lives to the fullest, and sometimes even from day to day functioning. Some causes for depression may be a result of prolonged stress, unprocessed conflicts, trauma, or loss. A cluster of these symptoms *may* indicate that what you are experiencing is depression.

Depression may include some of these symptoms:

- Loss of energy
- Loss of interest in daily activities
- Change in sleep pattern
- Difficulty making decisions
- Irritability
- Feeling worthless
- Thoughts of suicide *(If you are considering hurting yourself, please call 1-800-SUICIDE immediately for help!)*

Other symptoms include:

- Feelings of hopelessness
- Profound sadness
- Crying for no apparent reason
- Unintentional weight gain or loss
- Unexplained physical problems, like headaches
- Loss of interest in sex
- Inability to focus or concentrate

There are reasons for your feelings. You can take control; get your energy and life back again. Reville Ministry, Inc. is here to help. Call us today!

Reville Ministry - 407-333-0404