



مدينة الملك فهد الطبية  
King Fahad Medical City



## Depression

## **Depression** - Major Depressive Disorder

A common and serious medical illness that negatively affects how you feel, think and act.



### How to understand depression?

- **Feeling sad** - Feeling empty, sad, hopeless
- **Loss of interest**- No longer finding pleasure in favorite activities, feeling tired easily, thoughts of suicide, engaging in high-risk activities
- **Trouble sleeping**- Insomnia, restless sleep, excessive sleepiness, not sleeping through the night



- **Difficulty** thinking, Concentrating-

Thinking or talking more slowly



- **Thoughts of death** or suicide-

Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide

- **Loss of energy** - Tiredness, and lack of energy, so even small tasks take extra effort.



## How is depression treated?

- **Psychotherapy- "Talk therapy"** and
- **Yoga & meditation**
- **Aerobic exercise may help against mild depression since it raises endorphin levels and stimulates the neurotransmitter norepinephrine, which is related to mood.**



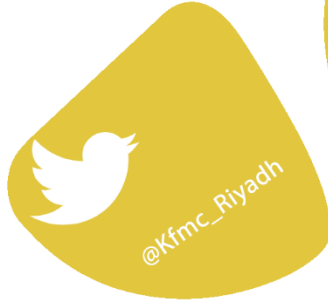
- **Antidepressant Medications-**  
**Antidepressants are drugs available on prescription from a doctor. Drugs come into use for moderate to severe depression, but are not recommended for children, and will be prescribed only with caution for adolescents.**
- **Exercise- Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.**



# لأن الوعي وقاية ..

إدارة التمريض الصحي

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