

Tips that Count

Wellness information for your journey to a healthier you!

When Is It Depression?

Everyone has their ups and downs in life. That's only natural. But clinical depression is different from the occasional bout of feeling down. If you are clinically depressed, your sadness will be profound for weeks at a time, almost without relief.

Here are a few questions that can help you tell if this is truly depression:

- Do you feel deeply sad or hopeless most of the day?
- Are you much less interested in things that used to interest you?
- Do you have trouble paying attention or concentrating?
- Do you feel guilty and bad about yourself?
- Do you think you'd be better off dead?
- Do you think about hurting or killing yourself?

If you answered yes to more than one of these questions, or if you answered yes to the last one, you should talk to your doctor about how you are feeling.

Depression can be treated with medication and psychological counseling. Even some lifestyle changes, such as diet and exercise, can help. And while it's important to know that depression is a serious disease, it's also good to know that help is available.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.