#WhatYouNeedToKnow About Depression

**21 MILLION**
American adults suffer from a depressive illness during any one-year period.

**WOMEN** experience depression 2x as often as men. Without treatment, depression can last weeks, months or years.

## Symptoms of Depression

- Changes in appetite
- Changes in sleeping patterns
- Feelings of hopelessness
- Persistent sad, anxious or "empty" mood
- Recurring thoughts of death or suicide
- Feelings of inappropriate guilt
- Decreased energy, fatigue, being "slowed down"

Major depression is classified as a type of affective mood disorder that goes beyond the day’s ordinary ups and downs, becoming a serious medical condition and important health concern in this country.

## How can you beat holiday depression?

- **Exercise**
  - A daily 30-minute walk may help prevent depression—so take a brisk stroll down a snowy path!

- **Enjoy the Sunlight**
  - As little as 15 to 30 minutes of sunlight, best in the early morning, will go a long way toward alleviating the winter blues.

- **Get Enough Sleep**
  - A lack of sleep can take a toll on your mood—so aim for seven to nine hours of sleep each night.

- **Moderate Alcohol Consumption**
  - Two glasses of wine are plenty for the holiday party—one if you’ve already had the eggnog.

- **Adjust Expectations**
  - Don’t let visions of perfection spoil everything. Learn that most things can be good enough—gifts, food, company, etc.

**Concerned about depression?**
If the depressed mood is serious, leading to isolation, crying spells, not sleeping or eating, hopelessness and thoughts of death or suicide, get help immediately.

**Sources**
Johns Hopkins Medicine Health Library
Andrew Angelino, M.D., associate professor of psychiatry and behavioral sciences

Click here to learn more about depression.