

change your narrative



What Is Depression?

<https://youtu.be/nUxwrKoSmx8>

Depression is characterized by feeling immense sadness, a lack of energy or interest in previously enjoyed pursuits, and a loss of appetite. There are several forms of depression which can stem from life changes or biology. It is common for many of us to feel sad or hopeless about a specific situation or experience. This feeling will come and go throughout our life. But when it lasts, it is important to pay attention to those thoughts and feelings and start trying to find out what's going on.

If you or someone you know is depressed—there are numerous ways to take action and fight against the narrative of depression. But, how do we know if we need to take action? The first key is to recognize where you or someone you care about are at.

What Are The Signs?

Depression is marked by several key factors. Some of these include feeling agitated, irritable, sad, and overall restless.

Two significant indicators include a shift in either eating and sleeping habits. Some individuals may not want to eat anything at all. For others, food may be a new best friend.

For some individuals, depression begins to impact sleeping habits. Some people will find it difficult to get out of bed. They may feel as if they want to sleep or remain in the comfort of your room or bed. But, an additional factor might be prevalent as well. Even though they are in bed, they may not be able to go to sleep no matter what. They might feel wired, lying awake, to sleep through the night. Anxious thoughts or troubling memories may keep an individual from letting their body fall into a state of rest.

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How Many Struggle?

It is estimated that over 17 million adults within the United States of America have battled at least one bout of depression within the past year.

20 to 40% of teenagers will phase a season of depression at least once within a two-year period of time throughout the teenage years. That can cycle, that can happen a couple of times throughout their teen years.

What Do The Numbers Mean?

These statistics show us that those who struggle—are not alone. This is why it is important to have discussions about depression both for ourselves and those we care about.

After all, depression is not something we really talk about. We'll say, "Oh, you know, I'm so depressed," or "That's depressing." Yet, it fails to capture a prolonged season of anguish which is real to a significant portion of the population. Depression is a common word with a wide variety of stories behind it.

What Can We Do?

If you or someone you care about want to find ways to take action against depression, we welcome you to join us at changeournarrative.org to find resources and discussion topics.

WHAT IF YOU ONLY KNEW
the first half of your story?

For additional support, tools, and resources to help you or someone you care about shift the story of depression, visit:

ChangeYourNarrative.org