



Family history, trauma, poverty, illness & aging
can trigger depression
More women are diagnosed, but men have it too

Checklist for Depression

19 million+ Americans are depressed ~ are you?

Discuss with a Doctor or Therapist if you have
any of these experiences on a regular basis

Do you have any of these physical and mental problems?

- | | |
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| <input type="checkbox"/> Easily overwhelmed, cry for no reason? | <input type="checkbox"/> Have unexplained aches & pains? |
| <input type="checkbox"/> Unable to sit still, feel agitated, restless? | <input type="checkbox"/> Feel guilty, hopeless, unworthy? |
| <input type="checkbox"/> Nothing is fun or pleasurable? | <input type="checkbox"/> Get frequent headaches? |
| <input type="checkbox"/> Don't want sex, or affection? | <input type="checkbox"/> Slow in thinking, speaking, or moving? |
| <input type="checkbox"/> Low energy, tire easily? | <input type="checkbox"/> Indecisive, or can't concentrate? |
| <input type="checkbox"/> Everything feels like too much effort? | <input type="checkbox"/> Distracted and can't remember details? |
| <input type="checkbox"/> Eat too much or can't eat at all? | <input type="checkbox"/> Feel miserable, unhappy, sad all the time? |
| <input type="checkbox"/> Sleep too much or too little? | <input type="checkbox"/> Feel like your mind is blank or numb? |

Are you doing or using any of these to feel better, or not feel at all?

- | | |
|---|---|
| <input type="checkbox"/> Drinking more than usual or using drugs? | <input type="checkbox"/> Injuring yourself to let the pain out? |
| <input type="checkbox"/> Craving sweets and other carbs? | <input type="checkbox"/> Picking fights with family and friends? |
| <input type="checkbox"/> Exercising until you collapse? | <input type="checkbox"/> Spending more than you can really afford? |
| <input type="checkbox"/> Withdrawing from friends & family? | <input type="checkbox"/> Avoiding, and escaping into TV, fantasies? |

More healthy ways to deal with depression:

- | | |
|--|---|
| • Keep a routine, stay in touch with friends | • Go for a daily walk, notice the flowers |
| • Get good nutrition, avoid alcohol | • Start a gratitude journal |
| • Join a support group, read self help books | • Talk with a professional, consider meds |

Want to know more about how you can overcome depression?

Get more tips at www.DrStasek.com
Or make an appointment with
licensed psychologist Susan M. Stasek today

815-828-4795

Dr Susan M. Stasek, PsyD, helps adults overcome depression and grief, and regain pleasure in life from the inside out. Her office is in Chicago's Northshore area. Dr Stasek is most easily reached by phone at 815-828-4795 or by email at Help@DrStasek.com

