

Symptoms of Depression and Ways to Overcome Depression

Symptoms of depression include a depressed mood, **loss of interests and pleasure in daily life, loss of appetite, sleep disorders (insomnia or hypersomnia), fatigue, hypodynamia, and difficulty concentrating**. Some people experience other various physical symptoms such as indigestion, weight loss, etc.



What is depression?

Depression, a significant physical and mental health issue, may impair work performance, sleep, eating, and other abilities. Some patients with depression experience physical symptoms such as chronic fatigue and indigestion. Depression sometimes aggravates cardiovascular diseases, respiratory diseases, arthritis, etc. As some people **do not realize that they have depression**, they sometimes miss an opportunity for treatment or cannot receive proper treatment. If the symptoms are severe, patients may be at risk of suicide. Patients with depression therefore must receive proper **treatment**.



Depression assessment questionnaire used for national health examinations — Patient Health Questionnaire-9

The purpose of the assessment tool is to check the symptoms of depression briefly and assess the severity. The total score is 27 points. The higher the score, the more severe are the symptoms of depression. If you receive a high score in the questionnaire, it is **very likely that you have depression** even though it does not mean a definite diagnosis. In such a case, you will need a **more accurate evaluation** from an expert.



How to overcome depression in daily life

1. Planned lifestyle

To improve hypobulia, make a schedule of what to do on a weekly basis. Plan your daily work such as eating and meal preparation on an hourly basis every day, and include your hobbies and exercise in your schedule.

2. Interesting activities

Think about interesting activities that you enjoyed before and include them in your daily plan.

3. Exercise

Exercise at least three times a week. Exercise improves your mood and prevents depression in the long term. All types of exercise including jogging, bicycling, aerobics, and walking are helpful.

4. Drive/Initiative

Express your feelings or opinions to other people directly. You may feel a lack of confidence while worrying that you may look bad to other people, but this thought pattern is one of the symptoms of depression. Act with confidence.

5. Positive thinking

You should have a positive attitude towards yourself. Write the most negative, regular, and repetitive thought about yourself on one side of a card, and on the other side write three positive thoughts that can replace it. Carry this card with you and check the positive thoughts often. This will help you to change your negative thinking to positive thinking.

※ If you are experiencing depression, you can get help by **visiting your local hospital/clinic** (mental health specialist, etc.) or by contacting a regional/primary mental health welfare center (1577-0199).