

DEPRESSION

Depression looks different for everyone. In general, it is a mood disorder that causes distressing symptoms that affects your emotions, thought process, behaviors, and daily activities. To be diagnosed with depression, symptoms must be present most of the day, nearly every day for at least 2 weeks.

Some Symptoms:



**DIFFICULTY SLEEPING,
OR OVERSLEEPING**



**DECREASE IN ENERGY,
FATIGUE**



**PERSISTENT SAD ,
ANXIOUS, "EMPTY"
EMOTIONS**



**LOSS OF
APETITE/WEIGHT
CHANGES**



**ACHES/PAIN WITH NO CLEAR
CAUSE AND DO NOT EASE WITH
TREATMENT**

The Raritan Valley YMCA and The Middlesex County Office of Aging & Disabled Services have teamed up to provide a robust public awareness campaign for caregivers. Caregivers, struggling to take care of that aging or disabled loved one?

**Contact the Raritan Valley YMCA: 732-257-4114 or
www.raritanvalleyymca.org**

Sources:

<https://www.nimh.nih.gov/health/publications/depression/index.shtml>

For more symptoms:
<https://adaa.org/finding-help/caregivers>
<https://www.nimh.nih.gov/health/publications/depression/index.shtml>

Treatment & Ways to Cope

DEPRESSION IS TREATABLE! WITH A COMBINATION OF MEDICATION, THERAPY, AND SUPPORT

We have virtual, and YMCA based sessions to reduce stress, anxiety and get your questions answered. Located at 144 Tices Lane in East Brunswick, the Y has a selection of exercise options and wellness programs and a free option for caregiver or registers and participates in the support group



MEDITATING CAN BE A HELPFUL STRESS RELIEVING SKILL



TRY JOURNALING TO EXPRESS YOUR EMOTIONS



FIND SUPPORT IN OTHERS: ASK FOR HELP AND ACCEPT HELP FROM FRIENDS & FAMILY



STAY ACTIVE, AT LEAST 20 MINUTES, 3 DAYS PER WEEK

SOURCES:

<https://www.alz.org/help-support/caregiving/caregiver-health/caregiver-depression>