

# MOOD FOUNDATIONS

## Depression Fact Sheet

### What is depression?

Depression is when feelings of sadness, emptiness and irritability (crankiness) last longer than two weeks, affect most parts of a person's daily life, and stop them from doing things that they used to enjoy.

### Core symptoms

**Depression** is when sadness goes on too long and makes it difficult to get through the day.

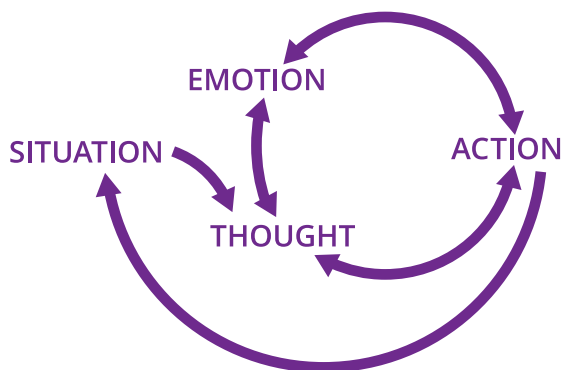
**Anhedonia** is the inability to experience pleasure. It can be described as an emptiness, severe boredom or an "everything is grey" feeling.

**Irritability** is a symptom of depression when it is disproportional or too much for the situation.

### Associated symptoms

You might experience some or all of these symptoms:

- disrupted sleep
- disrupted appetite
- disrupted physical activity levels
- poor concentration
- excessive feelings of worthlessness or guilt
- repeated thoughts of death



COGNITIVE-BEHAVIOURAL MODEL OF DEPRESSION

### What causes depression?

**Biological:** genetics or family history of depression, imbalances in brain chemistry and in the stress hormone system, substance use.

**Psychological:** negative views of the world, negative view of oneself, negative view of the future.

**Environmental:** a major stress, trauma, or change.

There are many stereotypes about what depression looks like, especially in the media. The truth is, there is no one way to experience depression. You might have different symptoms that affect your life in different ways than someone with the same diagnosis. Learning more about mental well-being can help you (and others in your life!) better understand how you experience depression and how you can break the stigma that surrounds it.

**Treatment can significantly improve your chances of getting better and staying well**

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## Sleep

Here are some tips that might help with sleep. Not all of these ideas will work for everybody, so it's up to you to decide which of these you want to try!

Remember, it takes two weeks for something to become a habit, so give yourself time to figure out what helps you the most.

**Fill out the table below using the following numbers:**

- 1 things you already do
- 2 things you think you could easily change
- 3 things that are not changeable for you

Work on continuing the habits you marked as 1, then start on the 2s, eventually working toward the 3s over time.

### DURING THE DAY

**Do not take any naps during the day.** You need to build up a “sleep drive” through the day to get to sleep at night.

**Avoid caffeine after 2 p.m.** It can last in the body for several hours. Caffeine works to keep people awake by blocking a chemical in the brain that promotes sleep. Some medications, such as fluvoxamine (Luvox), interact with caffeine to prolong its effects.

**Avoid using alcohol.** Alcohol affects many chemicals in the brain. It may help someone fall asleep, but it often leads to being wide-awake a few hours later. The sleep that alcohol induces is not a restful sleep.

**Try to exercise in the mid-to-late afternoon (between 3 p.m. and 5 p.m.).** This is the best time because there is a natural tendency to dip in energy at that time. Exercising just before bed makes it harder to fall asleep.



### ENVIRONMENT

**Make sure your room is the right temperature,** not too hot or too cold.

**Do not let your pet sleep in your bed.** Their movements may wake you and keep you awake.

**Make sure your room is dark enough.** Get a good set of blinds. Don't let any lights from electronics be visible.

**Make sure your alarm clock is not visible.** Watching time tick by just creates anxiety and keeps you up even more.

**Use your room for sleep only.** If there is a TV or computer in your room, move it out. Do your homework somewhere else. You want to associate your room with being sleepy, not stimulated.



### AT BEDTIME

**Avoid using electronic devices for the half-hour before bed.** Set a “blue light” or “night shift” filter on your phone. Using this filter a few hours before bed can reduce the effect of blue light on your sleep and reduce strain on your eyes.

**Create a bedtime routine.** For the half-hour before bed, do relaxing things: read a pleasurable book, drink a herbal tea (rooibos, chamomile, peppermint), take a warm shower or bath. Do a relaxation exercise. Use the same routine every night.

**If you are worrying about what might happen the next day, write down a list of your worries.** Put the list aside and make a decision to deal with them the next day.

**If you cannot fall asleep after 15–20 minutes, get up and leave the room.** Find a nonstimulating activity to do, such as drawing, listening to quiet music or reading. Don't do your homework or use the computer. Then try and sleep again after 15–20 minutes.

**Aim to wake up and go to sleep at the same time every day, even on weekends.** If you have trouble falling asleep through the night, still get up at your previously scheduled time.

# MOOD FOUNDATIONS

## Exercise

Here are some tips that might help with exercising. Not all of these ideas will work for everybody, so it's up to you to decide which of these you want to try!

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**MODERATE ACTIVITY** requires a moderate amount of effort and noticeably accelerates your heart rate, like dancing or walking your dog.

**VIGOROUS ACTIVITY** requires a large amount of effort and substantially increases your heart rate, like running or competitive sports.

**1** Exercise at a **moderate** level three times a week for at least 30 minutes.

**2** Exercise at a **moderate-vigorous** level three times a week for 30 minutes.

**3** Exercise at a **moderate-vigorous** level three or more times a week for 60 minutes.

Exercising doesn't mean you have to go to the gym. Here are some suggestions that can help make exercising easier and more exciting.

- Try a new sport or exercise class.** Whether you join an intramural sports team or find a zumba video online, try out new activities to make exercising more fun.
- Turn your chores into opportunities to exercise.** You could take the dog for a walk, rake the leaves, shovel snow, or carry the groceries home.
- Walk, run, or bike instead of getting a ride.** Plan to leave home a bit earlier than usual and use the opportunity to meet your exercise goals.
- Set some exercise goals.** Make a plan or schedule to help you reach your fitness goals—you don't have to change your lifestyle overnight, but you can identify some goals to help get you there!
- Find an exercise buddy.** Having a friend or family member to stay fit with can make physical activity more fun and help you stick to your exercise goals.

It's important to find exercise that you enjoy, so why not try a few different activities until you find the right ones? Here are some ideas to get you started!

**BASKETBALL SOCCER VOLLEYBALL ZUMBA YOGA WALKING JOGGING  
HIKING TRAMPOLINE ROWING SWIMMING JUMP ROPE FRISBEE RUGBY HOCKEY  
SKIING BIKING QUIDDITCH BASEBALL SKATING ARM WRESTLING CANOEING  
PING PONG SKATEBOARDING MARTIAL ARTS JIU JITSU DANCING FIELD HOCKEY  
ROCK CLIMBING FOOTBALL WEIGHT LIFTING ROLLERBLADING GYMNASTICS  
BOXING GROUP FITNESS CLASS DANCING PARKOUR VR WORKOUTS**

# MOOD FOUNDATIONS

## Healthy eating

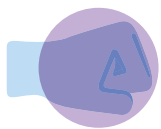
Here are some tips that might help with healthy eating. Not all of these ideas will work for everybody, so it's up to you to decide which of these you want to try!

Remember, it takes two weeks for something to become a habit, so give yourself time to figure out what helps you the most.

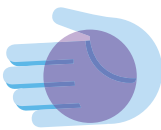
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Serving of fruits or veggies = 1 fist



Serving of carbs = 1 cupped hand



Serving of protein = 1 palm



Serving of fats = 1 thumb

### BALANCED DIET

**Whole grains** (5–8 servings a day)

**Vegetables** (6 servings a day)

**Fresh fruits** (3 servings a day)

**Legumes** (4 servings a week)

**Low-fat and unsweetened dairy** (2–3 servings a day)

**Raw and unsalted nuts** (1 serving a day)

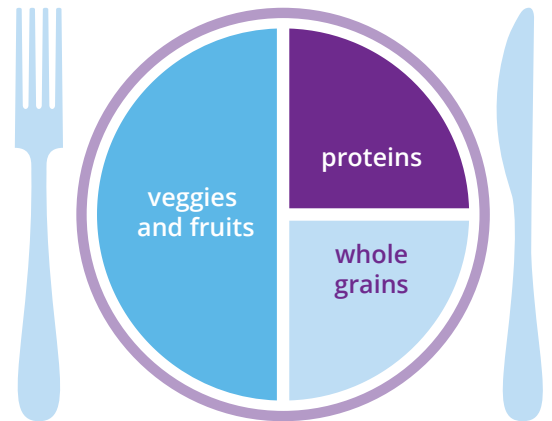
**Fish** (at least 2 servings a week)

**Lean red meats** (3–4 servings a week)

**Chicken** (2–3 servings a week)

**Eggs** (up to 6 servings a week)

**Olive oil** (3 tablespoons a day)



**Sometimes it can be helpful to think about how to balance your plate to make sure you get enough of the right foods**

- Try to drink water when you are thirsty** instead of sugary drinks like pop, juice, sweetened iced tea and sports drinks.
- Try to limit unhealthy foods to no more than three servings per week.** This includes sweets, refined cereal, fried food, fast food and soft drinks.
- Use food labels.** Take some time to learn how to read food labels and use them to make decisions about your food.
- Take time to enjoy your meal with other people.** Eating meals with other people can help you develop healthier eating habits and is a good opportunity to spend time with friends and family.
- Cook at home more often.** Take time to plan your meals in advance and learn new recipes or incorporate your culture and food traditions into healthy eating habits.
- Avoid eating while watching TV, texting, studying, or doing other activities.** You can listen better to your body if you are not distracted.