

Building Resiliency During Hard Times



Depression:

What is depression?

Depression can affect any person at any age. While no two people experience depression in exactly the same way, depression is one of the most common mental disorders in the United States (NIMH, 2022). It is normal to feel down from time to time. However, when you begin to feel down or hopeless for more than a week or so in a row, you should pause and seek help for depression.

What does depression look like?

Some common symptoms of depression include:

- Feeling down and depressed most days
- Feeling hopeless about your situation
- Feeling irritable or easily angered
- Not having interest or pleasure in doing things you used to enjoy
- Feeling drained, or having very little energy
- Isolating yourself from your friends and family
- Having difficulty sleeping or sleeping too much
- Changes in your appetite (eating too much or not enough)
- Thoughts of death or suicide

What to do if you or someone you know is depressed



Do something enjoyable. Adding activities to your daily routine can help you feel less depressed, and getting more physically active can help your brain produce more feel-good endorphins that can combat depression. Think of small and big things you enjoy to add to your daily routine.



Use your support system. Reach out to your family and friends to help you get through hard times. It is common to worry about being a burden to others, but this can stop you from getting the support you need.



Practice mindfulness. Pay attention to the present moment by observing yourself and your surroundings without judgment. Mindfulness helps improve depression by cutting down ruminating thoughts and worries. Use your senses to practice mindfulness. Start by naming 5 things you can see, then 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.



Make an appointment to see your doctor or a mental health professional. You should take depression seriously. It isn't something that a person can simply snap out of. Depression can be difficult to manage on our own. Depression can be a life-threatening issue but it is treatable. Talking about what is bothering you can help.



Use resources. Thinking of hurting yourself or someone else, or having thoughts of death can be a part of depression. If you feel this way don't wait to get help. Remember that depressed thinking can be temporary and you can feel better with the right treatment and support. Crisis Hotline: Dial or Text 988. Colorado Crisis and Emergency Resources: Dial 2-1-1.

Depression Action Plan

Create your own Plan

Write down your top 5 ways you will deal with depression.

(pleasurable hobbies/activities, get active, take a break, places to go)

1. _____
2. _____
3. _____
4. _____
5. _____

List 3 people you will speak to when you feel down.

(friends, family, a doctor, a counselor)

1. _____
2. _____
3. _____

*Barbers and stylists are trusted members of the Black community who provide a sacred space where their clients often share successes and stresses, including stories related to mental health. **Project HairCare** is focused on expanding these stories in the shops and the community by providing tools and resources to increase awareness, education, and understanding about mental health and wellness.*

*To contact **Project HairCare** and get resources, please call 800-209-3569 or scan the QR code*



