

# OVERCOMING DEPRESSION

For millions of Americans, life is plagued with depression. They feel "blue" and hopeless; they have difficulty sleeping and concentrating; they are withdrawn from others and sometimes, they don't want to wake up to face another day.

## SYMPTOMS OF DEPRESSION

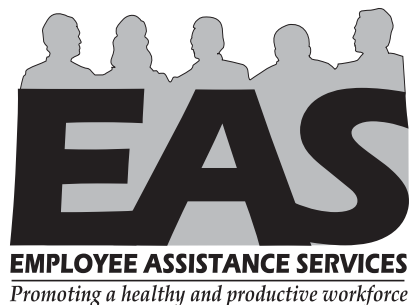
1. Feeling sad
2. Diminished productivity
3. Difficulty concentrating
4. Withdrawal
5. Change in appetite
6. Sleep disturbances
7. Thoughts of self-pity
8. Sense of worthlessness and guilt
9. Irritability
10. Tearfulness
11. Thoughts of suicide

## HOW TO PREVENT DEPRESSION

1. Make note of your symptoms and manage your behaviors
2. Manage stress and eliminate unnecessary stress-producing situations
3. Identify and replace negative automatic thoughts with positive ones
4. Improve your self-esteem - accept your worth

Depression is an illness that you do not have to live with. It is highly treatable and can be prevented. To get on the road to recovery, ask for a professional assessment of your needs today.

*For more information on the treatment of depression, contact:*



3400 TAMiami TRAIL NORTH, SUITE 204 • NAPLES, FL 34103  
PHONE (239) 435-0400 • TOLL FREE (800) 834-7689 • FAX (239) 435-0202