

# DEPRESSION

The lifetime prevalence of depression ranges from 20% to 25% in women and 7% to 12% in men. At the global level, the total number of people living with depression is 322 million. Apparently, depression is more common than you can imagine. Depression is an episode of sadness or apathy along with other symptoms that lasts at least two consistent weeks and is severe enough to disrupt daily activities.

In Asian culture, depression is stigmatized and labelled as weakness or low stress tolerance, which is not true. It is normal to feel depressed and negative sometimes and you might not want to socialize at all. However, depression is more than just feeling sad. When you see it affects not only your psychological but also physical function or you even start thinking about hurting yourself, you might seek professional help and talk to someone. Dealing with depression alone is never fun and looking for support will make the journey more meaningful and constructive.

*“I don’t want any more of this try, try again stuff. I just want out. I’ve had it. I am so tired. I am twenty and I am already exhausted.”* — Elizabeth Wurtzel



## Red Flags You Should Be Aware of

- Appetite or weight changes
- Difficulty concentrating and making decisions
- Trouble sleeping or sleeping too much
- Persistent aches or pains, headaches, cramps, or digestive problems
- Loss of interest in activities that used to be enjoyable
- Fatigue and decreased energy
- Persistent feelings of hopelessness, worthlessness, or emptiness
- Recurrent thoughts of death or suicide



## Ways to Combat Depression

- Stay connected with people you trust, such as a family member, friend, mentor, or mental health professional.
- Understand depression does not define who you are as a person.
- Write out negative thoughts and challenge them.



ACWP offers bilingual and bicultural **FREE** one on one counseling to talk about your struggles and obstacles. Feel **FREE** to reach us ☺



Asian Community Wellness Program



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