

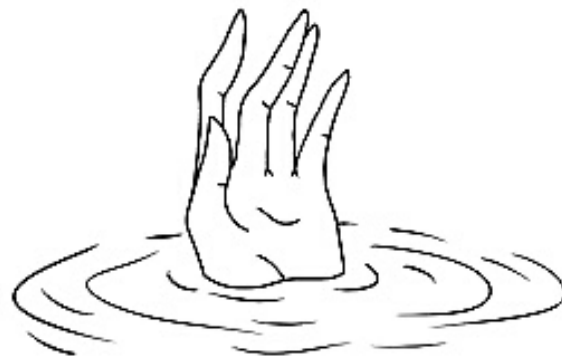
FUNSHEET LET'S TALK ABOUT DEPRESSION



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



LET'S TALK ABOUT DEPRESSION



*Depression is the leading cause of dysfunctionality in the world. According to a 2017 study done by World Health Organization (WHO), **264 million adults around the globe suffer from depression.***

This week's funsheet covers:

- What is **depression**?
- It's **9 symptoms**
- The **handwriting trait** that depicts depression
- 10 things that you can do to **recover from it**

What is your vocabulary for sadness or feeling low?

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

Depression is a mental as well as _____ illness.

Depression symptoms last more than _____ weeks.

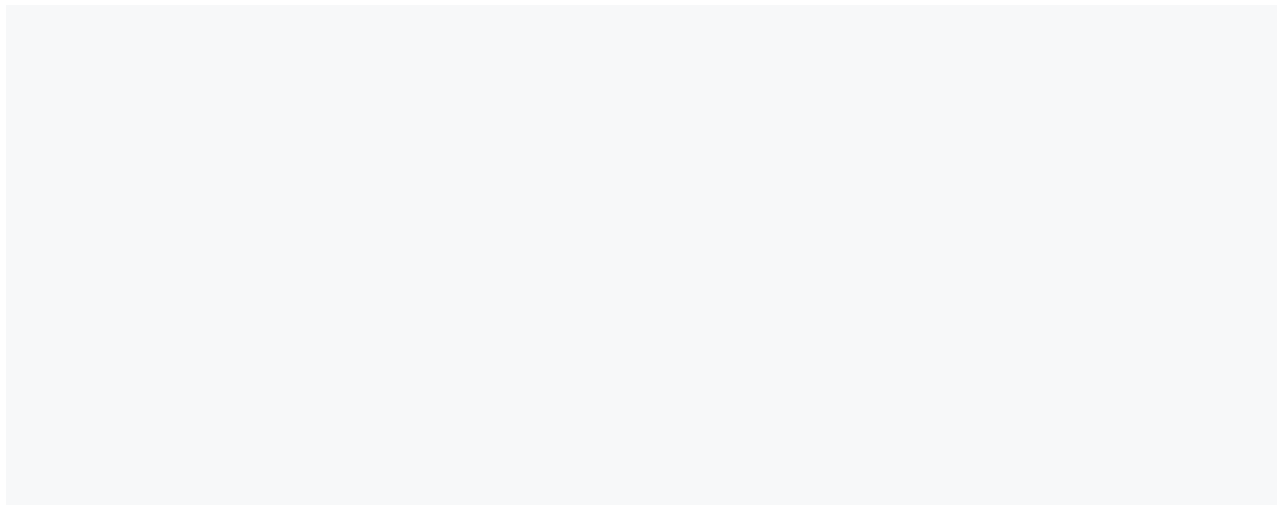
	Symptoms	Describe your symptom in detail if applicable
1	Low Mood	
2	Decreased Interest in things that you once enjoyed	
3	Changes in Appetite - Overeating or lack of appetite	
4	Sleep Disturbances	
5	Agitation, restlessness, or <u>lethargy</u> . Observe body movements, speech, and reaction time.	
6	Fatigue - A loss of energy and chronic tiredness	

7	Feelings of Worthlessness or Guilt	
8	Difficulty Concentrating	
9	Recurrent Thoughts of Death	

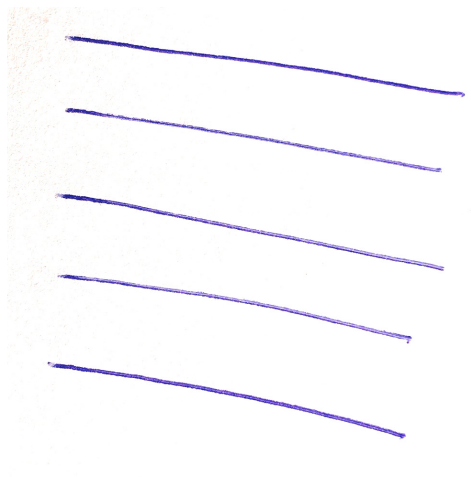
If you are showing 4 - 5 signs about the 9 things I just mentioned, then please **do not ignore these symptoms**. Dig deeper.

Graphology test:

There is one specific trait in your writing that depicts whether someone is **clinically depressed or walking closer to it**. Take an unruled sheet of paper (printer paper) and write a paragraph about absolutely anything in any language that you prefer. Make sure that you **do not copy**. Write at least 10-12 lines.



Now hold the paper at a distance and look at the imaginary lines formed below your writing. They can either go **upward, straight, wavy or downwards**. If your **lines are drooping downwards then that is the indicator of depression**.



A heavy stone of an emotional baggage is pulling this person down.

Please remember that clinical depression required medical attention and treatment like any other physical illness. It has nothing to with who you are, how strong or sane you are. People get depressed post pregnancy, with incorrect lifestyles, due to unhealthy emotional and physical habits.

Depression tests:

Zung Self-Rating Depression Scale:	https://psychology-tools.com/test/zung-depression-scale
The Geriatric Depression Scale (GDS)	https://www.verywellmind.com/geriatric-depression-scale-98621
PHQ-9 is one module of the larger Patient Health Questionnaire	https://www.verywellmind.com/phq-9-patient-healthcare-questionnaire-for-depression-4149685

10 ways to cope up with depression even better along with your existing treatment.

1. **BUILD A SUPPORT NETWORK**

How to build a support network:

- List 5 people you trust and can speak with

- If that is not the option then call a helpline
- Book appointment with a therapist
- In episode #30 of Absolutely Write, I have spoken about how you can help a friend suffering depression. Share it with your support system. Listen to it [here](#)

2. REDUCE YOUR STRESS

	Stress	Describe in detail
1	What causes stress?	
2.	What all have you tried to deal with?	
3.	What do you need to do now?	

3. IMPROVE YOUR SLEEP HYGIENE

Sleep and mood are intimately related. Observe your **sleep cycle for 7 days.**

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

4. IMPROVE YOUR EATING HABITS

Research continues to find clear links between diet and mental health.

5. LEARN HOW TO STOP NEGATIVE THOUGHTS

JOURNAL WRITE NOW

Journaling can be a great tool to observe your patterns. In the lockdown, we have created a 21 day free anti anxiety journaling workshop.

6. BEAT PROCRASTINATION

The symptoms of depression, such as fatigue and difficulty in concentrating, make procrastination tempting. Take smaller tasks but make sure that you complete them.

7. GET A HANDLE ON YOUR HOUSEHOLD CHORES

Take control of your daily chores. Start small and work on one project at a time. Create a routine. Please be gentle with yourself.

8. CREATE A WELLNESS TOOLBOX

A wellness toolbox is a **set of tools that you can use to help soothe yourself when you are feeling down**. Think of things you like to do when you're happy. Your old habits might not be applicable. Keep adding new things to the list.

Note if you still enjoy these things. Keep trying new things.	Yes	No	Maybe
Cuddling your pet			
Listening to your favorite music			
Taking a warm bath			
Reading a good book			

9. **GROUNDING OR EARTHING TECHNIQUE**

This is my go to tool. Do read about this more. Every time I feel low, sad, irritable repetitively, I **walk barefoot in the park** at least for 30 to 40 mins. Make sure that you make a prolonged contact with the grass or the mud.

10. **USE GRAPHOTHERAPY**

Graphotherapy can work on specific areas without too much confrontation. I have seen so many people using graphotherapy as a support tool. **It is a researched technique based on mind and body correlation.** Some specific micro movements in the writing can create a tremendous impact on dealing with depression.

I'm attaching a page of Graphotherapy practice called '**Flow of thoughts**'. Graphotherapy is an act of making conscious alterations in your handwriting in order to create desired changes in your personality and behaviour. Learn this stroke by carefully watching this video: <http://tiny.cc/flowstroke>. Practise it for the next 7 days.

