



LifeWise
— THERAPY —

Dealing With Depression

A practical guide for clients from LifeWise Therapy

Depression is more than feeling sad for a day or two. It can affect mood, energy, sleep, motivation, concentration, relationships, and hope. Depression is common and treatable, and healing often begins with small, consistent steps and support from others.



Common Signs of Depression

- Persistent sadness, emptiness, or irritability
- Loss of interest in activities you used to enjoy
- Fatigue or low energy
- Changes in sleep or appetite
- Trouble concentrating or making decisions
- Feelings of guilt, worthlessness, or hopelessness
- Pulling away from other people



Helpful Ways to Cope

- Keep a simple daily routine, even if motivation is low
- Break tasks into small, manageable steps
- Get outside, move your body, or take a short walk
- Stay connected with safe and supportive people
- Limit isolation and avoid using alcohol or drugs to cope
- Practice healthy sleep habits and regular meals
- Notice negative thoughts and challenge them with more balanced ones
- Give yourself grace—progress often comes slowly



When Professional Help Can Make a Difference

Therapy can help you understand what is contributing to depression, build coping skills, process pain, and create a plan for recovery. Reaching out for help is a sign of strength, not weakness.



Seek Immediate Help If

- You are having thoughts of harming yourself
- You feel unable to stay safe
- Depression is making it hard to function day to day



**If you are in crisis or having thoughts of suicide,
call or text 988 right away.**

**If you are in immediate danger, call 911 or
go to the nearest emergency room.**



LifeWise Therapy

Educational handout only — not a substitute for emergency or medical care.