

DEPRESSION

Living with a chronic neurological condition can affect someone's motivation and overall mood. Depression can cause severe symptoms that affects how one feels, thinks, and handles daily activities such as sleeping and eating. Feelings of depression can be common when adjusting to a new diagnosis, or throughout the progression as things change.

DEPRESSION

Includes being sad, tearful, hopeless and feelings of low self-worth. Other signs of depression can include changes in appetite, low energy levels and sleep problems.

What can be done to help someone with depression?

If one is experiencing feelings of depression, it is important to communicate this to your medical provider, whether that be a neurologist or primary care doctor. There are a few courses of treatment to be explored, depending on one's situation. Here are some tips to help someone during feelings of a depressed mood:

- Maintain a regular daily schedule as much as possible, including bedtime and wake-up times.
- Regularly incorporate physical activity into a weekly routine, including walking.
- Eat well balanced meals regularly throughout the day.
- Stay connected with support systems such as family, friends, and other support people such as clergy members or groups.
- Develop a list of things you can do for a quick mood boost, such as spending time with a pet, completing a few quick tasks, or calling a friend.
- Try and reduce overall stress levels which can affect overall mood.
- Maintain a living environment that supports a healthy lifestyle.
- Seek out additional supports to adjust to a new diagnosis, or changes that can affect mood throughout progression of an illness.

To schedule an appointment for support,
please contact our Clinical Social Worker, Danielle Hellios, MSW, LCSW at 847.882.6604.

