



DEPRESSION

A diagnosis of cancer often triggers feelings of sadness, grief and fears about death. A cancer diagnosis can cause interruption of life plans, changes in lifestyle, social roles, body image and self-esteem.

WAYS TO HELP DEPRESSION

- Daily physical exercise
- Mental exercises (games, crossword puzzles, meditation)
- Talking with friends, family members, clergy, or healthcare providers
- Engaging in enjoyable activities
- Continuing daily activities (work, sports, hobbies)



SYMPTOMS OF DEPRESSION

- Depressed mood or feeling blue
- Decreased interest and pleasure
- Appetite loss
- Anxiety or decreased concentration
- Loss of energy
- Feelings of worthlessness
- Guilt
- Difficulty sleeping
- Thoughts of death
- Hopelessness

All people experience sadness and grief at different times throughout diagnosis, treatment, and survival, but these symptoms and fears usually decrease as a person adjusts to their diagnosis. Dealing with the life changes effectively will decrease the likelihood of depression.