

# UNDERSTAND DEPRESSION



Whether you have struggled with depression most of your life or are experiencing a depressive episode for the first time, its impact is profound – affecting your ability to function in nearly every every facet of your life. Depressive disorders affect not only your mood, but your energy level, motivation, interests, and ability to enjoy life.

A depressive episode colors your entire being, much like a tea bag placed in a cup of hot water. Virtually every aspect of functioning is affected.

## SYMPTOMS

Symptoms of Depression (Major Depressive Disorder) can vary from mild to severe and can include:

- Depressed (or irritable) mood
- Loss of interest or pleasure in activities
- Weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy
- Restlessness or slowed movements or speech
- Feeling worthless or guilty
- Difficulty thinking, concentrating, or making decisions
- Thoughts of death or suicide



## TREATMENT

If you are struggling with a depressive disorder, the good news is that HELP is available. Individual psychotherapy, particularly with Cognitive Behavior Therapy (CBT) techniques, has been shown to be highly effective in treating depression. Dr. Gordon has extensive experience helping individuals with depressive disorders. If you'd like to schedule a consultation for an evaluation or psychotherapy for depression, call (512) 496-5947 or contact us at [sgordon@calmpsychoanalyst.com](mailto:sgordon@calmpsychoanalyst.com).

