

Consult a public health nurse, a nurse or a special institution nearby if you are aware of any change as follows in yourselves. It is important to share everything and be listened to.

Signs of depression - Signs you can notice yourselves

- Feel sad, gloomy, down
- Disinterested in everything, have no fun
- Easy to get tired, feeling unwell (lethargic)
- Feel weaker, less motivated, less focused (dull)
- Hard to sleep, get up earlier than usual in the morning
- Less appetite, in no mood to meet people
- Feel worse in the morning than in the evening
- Unable to get rid of worries, paranoid
- Unable to overcome failure, sorrow, disappointment
- Blame yourself, feel worthless, etc.

(*Do you know what depression is like? (pamphlet for the general public (draft)), Ministry of Health, Labour and Welfare;
<http://www.mhlw.go.jp/shingi/2004/01/s0126-5d.html>)

Depression is considered to be caused when the part of the brain associated with emotions and willingness becomes underactive.

We are exposed to a lot of stress as we have worries or are under pressure in our daily lives. Getting enough sleep or a good rest can reduce such stress to some extent. This is because our bodies have natural healing power.

However, if we keep worrying or are under pressure for a long time or if we continue overwork, we may become more likely to develop depression. The symptoms of depression or symptoms suspected of being related to depression are as follows:

- (i) Symptoms related to emotions and willingness, such as feeling down, unmotivated, having a hard time concentrating, losing the power to think;
- (ii) Symptoms related to sleep, such as having a hard time falling asleep, waking up in the middle of the night, having a hard time getting a good night's sleep or waking up earlier than usual in the morning;
- (iii) Symptoms related to appetite, such as having no appetite, food not tasting good, having an upset stomach.

If you have any of the above, it is important to call a specialized institution or counselling service without hesitation.

Source:

- Depression and Depressive States, Fukushima Mental Care Centre, supervised by Misato Oe

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