

Vicious Cycle of Depression



www.mindwell-leeds.org.uk

What I am thinking

'I am useless', 'I feel hopeless', 'It's all my fault', 'I'm not attractive', 'No one likes me', 'I don't fit in', 'Nothing good happens to me.'

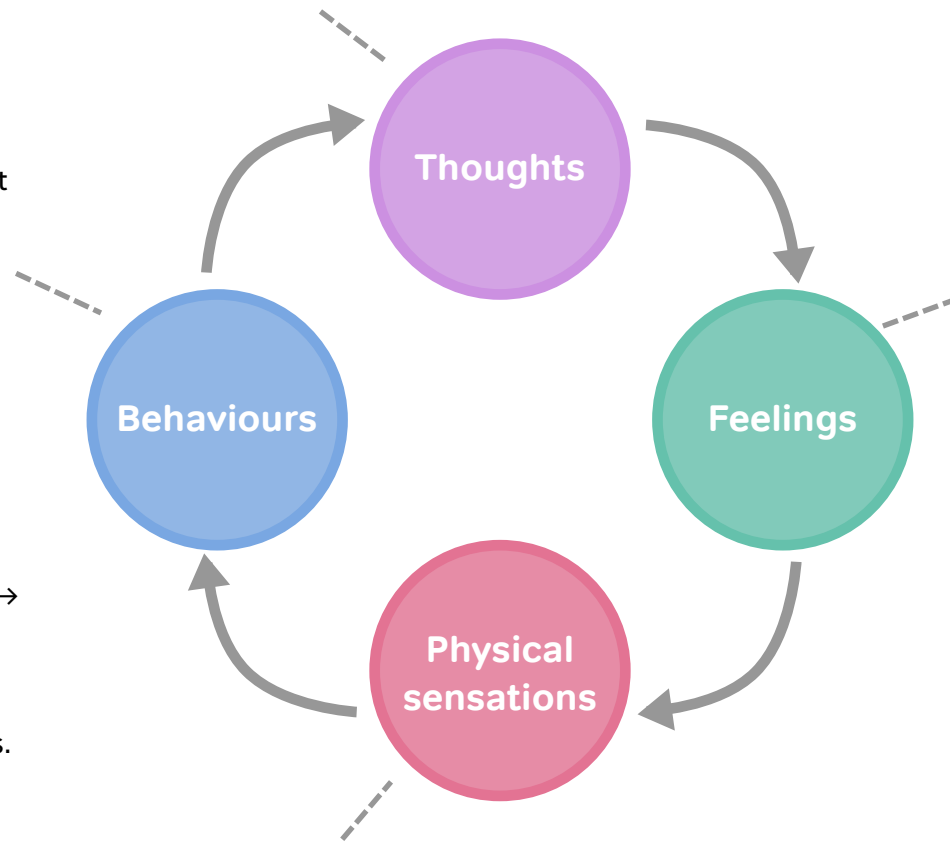
What I am doing

Feelings create behaviours →
Negative feelings could make us want to:

- Stop doing usual activities.
- Withdraw from other people.
- Stop taking care of self and looking after home.
- Spend more.
- Drink and smoke more or take drugs.

These behaviours make us feel more hopeless and affect our self-esteem → depression continues.

How we behave reinforces thoughts and feelings → so the cycle continues.



What I am feeling

Thoughts create feelings →
Low, upset, down, guilty, hopeless, angry.

How my body reacts

Thoughts and feelings trigger a physical response →
Poor sleep and appetite (or eat more), lack of energy, headaches, poor concentration, problems with memory.