

THE CAUSE OF DEPRESSION

Research suggests many possible causes of depression, including faulty mood regulation by the brain, genetics, personality type, and stressful life events.

It's believed that there is no single cause of depression (such as missing the happy gene), and sometimes several of these forces interact to bring depression. Everyone's causes and triggers are different.



DEPRESSION IS NOT CAUSED BY

**Laziness
Weakness
The inability to 'suck' it up**

THE ENVIRONMENT



Environmental factors include any stressful life events or situations, for example, death, trauma, natural disasters, getting sick, abuse or even pollution.

BRAIN CHEMISTRY



Many people get confused about their cause. They feel that they don't have "a reason" to feel that way. Some people lack substances in the brain (called neurotransmitters) could contribute to depression.

PERSONALITY TYPE



Certain personality types are more at risk of developing depression than others, such as low self-esteem and being too dependent, self-critical, or pessimistic.

THOUGHTS



Negative thinking patterns can, over time, lead to depression. Experts have identified several cognitive distortion patterns that can cause depression.

ACTIONS/BEHAVIOR



Preferring to be alone, withdrawing, spending too much time on social media or playing video games. Being inactive or even having poor self care can all contribute to depression.

GENETICS



Some research indicates that someone with a first-degree relative diagnosed with depression could be three times more likely to be diagnosed with depression in their lifetime compared to the general population.

Understanding A Womans Depression

Jianjun Gao



Understanding A Womans Depression:

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