

# 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

**J Rink**



## **Understanding A Womans Depression:**

Delve into the emotional tapestry woven by in **Understanding A Womans Depression** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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