The Cycle of Depression

Stressors
A stressor is any situation that causes strain or hardship. These may be short-term or long-term.

Thoughts
Stressors often lead to negative thoughts, which may be irrational, or exaggerated.
- “I need to be perfect.”
- “I’m not good at anything.”
- “Nobody likes me.”

Feelings
The way a person thinks about something has a major impact on how they will feel, and vice versa.
- sadness
- anger
- hopelessness
- loneliness

Physical Symptoms
The body responds to stressors, and negative thoughts and feelings, with physical symptoms.
- fatigue
- sleep problems
- poor concentration
- loss of motivation

Behavioral Response
The way a person acts in response to thoughts, feelings, and symptoms may worsen stressors, or create new stressors.
- social isolation
- abusing drugs / alcohol
- neglecting daily tasks