

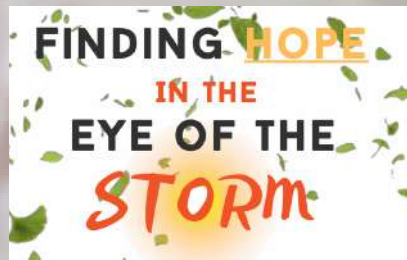
# FINDING HOPE

IN THE  
EYE OF THE  
*STORM*

*Building Resilience During Times of Depression*

# What to observe?

## #1: Symptoms of Depression



**"DEPRESSION IS A MOOD DISORDER THAT MAKES YOU FEEL **CONSTANT SADNESS OR LACK OF INTEREST IN LIFE.**" ~DSM-5\***



Did you know?

1 in 20 S'poreans suffer from Depression at some point in their life. \*\*

**WHILE SYMPTOMS ARE COMMON, THE **SEVERITY, DURATION AND PERSON'S COPING SKILLS CAN VARY.****

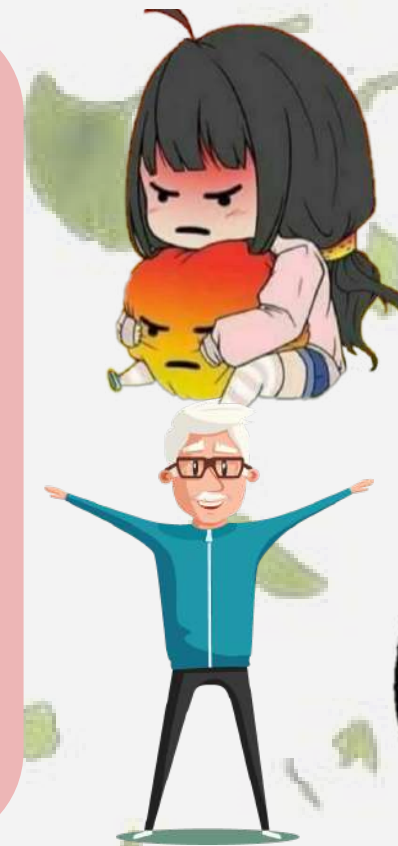
\*A medical manual doctors use to diagnose mental health conditions

\*\*Adapted from [https://www.imh.com.sg/uploadedFiles/Newsroom/News\\_Releases/SMHS%20news%20release.pdf](https://www.imh.com.sg/uploadedFiles/Newsroom/News_Releases/SMHS%20news%20release.pdf)

**TO BE DIAGNOSED, 5 OR MORE SYMPTOMS MUST PERSIST AT LEAST 2 WEEKS:**

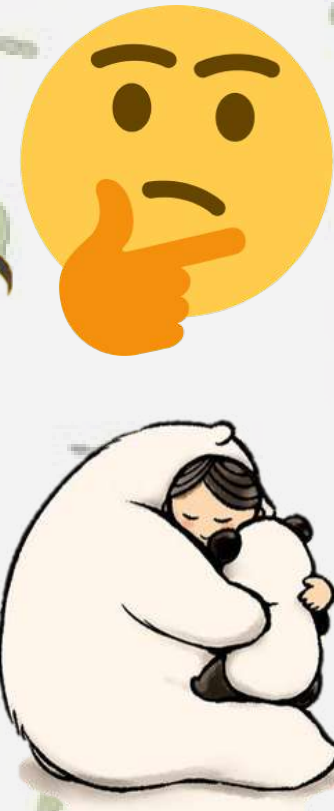
### MOOD CHANGES

- Feeling **sad, anxious, cranky, restless** or "empty"
- **Throughout** the day
- Affects **concentration, memory** and making decisions



### THOUGHT CHANGES

- You feel **worthless or guilty** almost daily
- No **interest** or pleasure in activities
- Thinking of **death or suicide** (not just a fear of death)



### PHYSICAL CHANGES

- Feel **tired** or lack energy often

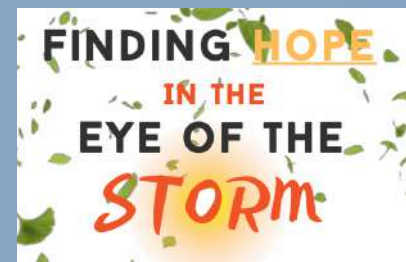
### BEHAVIOURAL CHANGES

- Cannot **sleep** / Sleep too much often
- **Overeat** or stop feeling hungry

Adapted from <https://www.webmd.com/depression/guide/what-is-depression#1>


# My World

## #2: What does Depression feel like?




# My Everyday


Written by Lux - Depression Survivor




*It started out like a whisper but it **grew into shouts**.  
Clouds gather in the sky and raindrops begin trickling down.  
The voices echo: **I am not worthy. I am not in control.**  
There's nothing I can do, to turn it all around.*



*I desperately want to escape. **Deny and run**, run, run away.  
But it pulls me back, **again and again**, until I give up.  
I want to live life normal again, but I just can't.*




*Thoughts replenish my mind of the wrongs in my life.  
Oh why must things be like this? **Will there be hope again?**  
I cry, cry, fill the emptiness of my heart, with my tears again.*



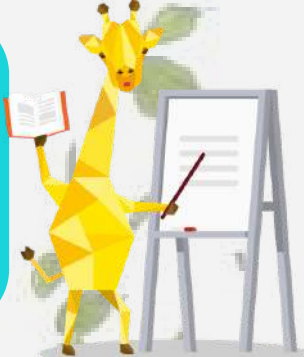
*Time passes as the clock ticks, the raindrops dry.  
A **ray of light** begins to shine.  
As the sky clears and the sun rises again,  
Sometimes hope reminds me, to give life another try.*

# (Insights)


## Meanings Beyond Appearances



Depression affects everyone, **regardless** of age, gender and background. It can come from life situations such as bullying, alcoholism, unemployment, grief and other major life events.



It can be easy to sweep depression aside, but it usually **comes back** repeatedly. It is strongly advised to seek help from a professional.



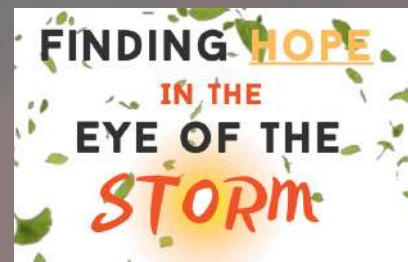
People with depression are not lazy, but struggle with finding a strong **meaning in life**. Blaming and complaining often does not help.



However, with **loving relationships** and strong motivation, it is possible to cope better with depression.

# Small Steps, Big Impacts

## #3: Helpful Habits for Depression



### **A. SELF-REDISCOVERY**



**Acknowledge** & find out what you can about depression.

Seek professional **help** to understand and support your condition better.



(Sometimes, **support groups** remind us that we are not alone)

Find people whom you trust to **share** your feelings about your condition.



### **B. LOVE YOURSELF**



When you are ready, reflect on **how depression has impacted** your life.



Be patient and **start small**. Each day, set one goal you hope to achieve. If you fail, remember to tell yourself **it's okay and try again**.



Celebrate **small achievements**. Sometimes, getting out of bed and brushing your teeth is something you feel proud of!

### **C. CULTIVATING CALM**

Find **activities** that help you to be more calm:

- Mindfulness, Meditation
- Prayer
- Exercise
- Music



Try writing down 3 things that you are **grateful** for each day.



**Plan your time** to make sure you have time for self-care or breaks!



### **D. THINGS NOT TO DO**



Avoid bottling your feelings and drowning them out with **excessive** alcohol intake.



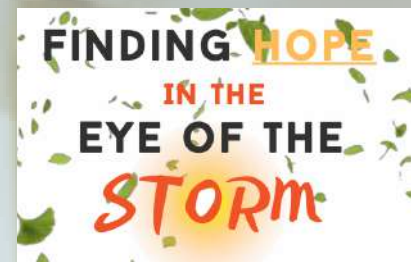
**Blame** yourself if your day does not turn out well. // Learning to forgive and accept yourself is important during your journey of rediscovery.



**Avoid people** during your lowest moments. // Sometimes, sharing helps to reduce these emotions.

# Navigating Together

## #4: Tips for Loved Ones



### A. BE CURIOUS



Learn what you can about depression but remember that each person's experience is different.



Remember to observe for yourself how depression has impacted your loved ones.

### B. COMMUNICATING LOVE



Don't be quick to judge their behaviours. For example, lying in bed all day and not doing anything.



People with depression have difficulty focusing and often need more warm encouragement from their loved ones.

\*Adapted from <https://www.imh.com.sg/wellness/page.aspx?id=554>

### C. EMOTIONAL SUPPORT



Encourage them to seek professional help and reassure them that things will get better with time.

Offer emotional support such as listening to them share about their feelings. They may be hesitant to share at first but it helps them know someone cares.



If they share their stories, do not jump in and force them to change overnight. Sometimes, your presence is enough to make them feel loved and encouraged.

### D. JOURNEYING TOGETHER



Encourage them to find things that inspire them such as exposing them to stories of how other people experience depression and overcome episodes.

# One Call Away

#5: How to get help?



## At AWWA CREST...

**SEEKING HELP IS NOT A SIGN OF WEAKNESS. RATHER, IT IS A SIGN OF STRENGTH TO HELP YOURSELF OR OTHERS.**

### MENTAL HEALTH RESOURCES:



- Psychiatric assessment and medications

(IMH, Hospitals, Polyclinic, GPs etc)



- Psychotherapy



- Counselling



- Caregiver Services



- Helplines (eg. SOS, NCH)



- Support groups

Learn more at [bit.ly/mentalhealthsg](https://bit.ly/mentalhealthsg)



#### Dementia and Depression Screening

Our staff are trained in conducting FREE brief screenings for Dementia and Depression.



#### Casework Management

You and your family will not be alone. A Social Work Practitioner will be present to discuss care plans and monitor your family's situation.



#### Preventative and Caregiver Activities

Our team conducts activities to reduce the onset of dementia and caregiver related groupwork. We also share caregiver-related resources monthly through a WhatsApp Broadcast Network.



If you are interested, please contact us at 9784 9247 (Mon - Fri, 9AM - 6PM) or email us at [crest@awwa.org.sg](mailto:crest@awwa.org.sg)

We currently only serve the Woodlands, Sembawang and Yio Chu Kang Regions. If you live outside of these boundaries, please kindly write to [ccmh@aic.sg](mailto:ccmh@aic.sg) who will link you with the respective community services.