

# Understanding depression

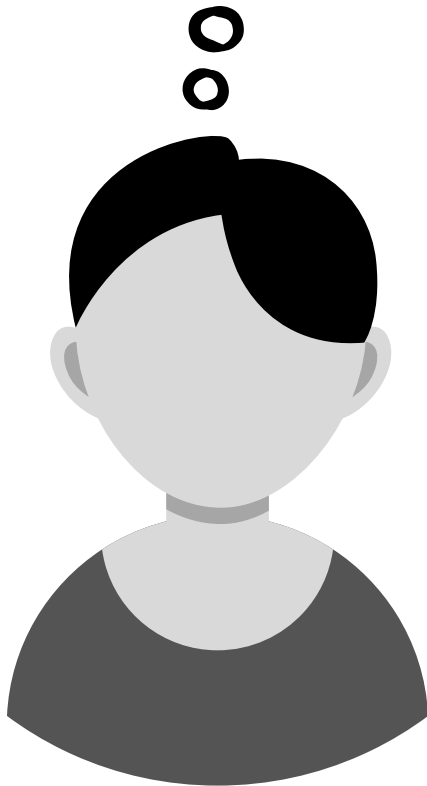
Depression is characterized by persisting low mood that lasts for a significant amount of time. The severity of depression can vary - in some cases, it will not stop people from doing their normal activities, although it can make them harder to do; when depression is more severe it can make someone unable to function normally.

What keeps depression going?

Whether people are feeling happy or they are depressed, they experience both positive and negative thoughts. However, being depressed is like wearing a pair of black negative glasses all the time. Wearing those glasses makes you notice only negative thoughts and keeps the depression going.



I am such a loser  
I enjoyed doing this  
This felt good I will embarrass myself  
People seemed interested  
No one will notice me I had fun  
I should have just stayed home



I am such a loser  
I will embarrass myself  
No one will notice me  
I should have just stayed home

