

What Is the Cycle of Depression?



Depression is a mental health condition that can have a significant impact on your life and well-being. You might be experiencing a low mood, lack of motivation, fatigue, avoiding speaking to friends, and wanting to instead spend your time in front of the TV or sleeping.

The challenge is that the way we think can impact our feelings and behaviors, which can make depression worse. Overtime, we withdraw more, our insomnia may get worse, and we might find ourselves crying all the time.

When we're stuck in this cycle, it's hard to zoom out and see the bigger picture.

This diagram illustrates the depressive cycle, which you may find helpful:



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How To Break the Cycle of Depression

The good news is that you can break this cycle and help yourself feel better.

Some ways to do this include:

