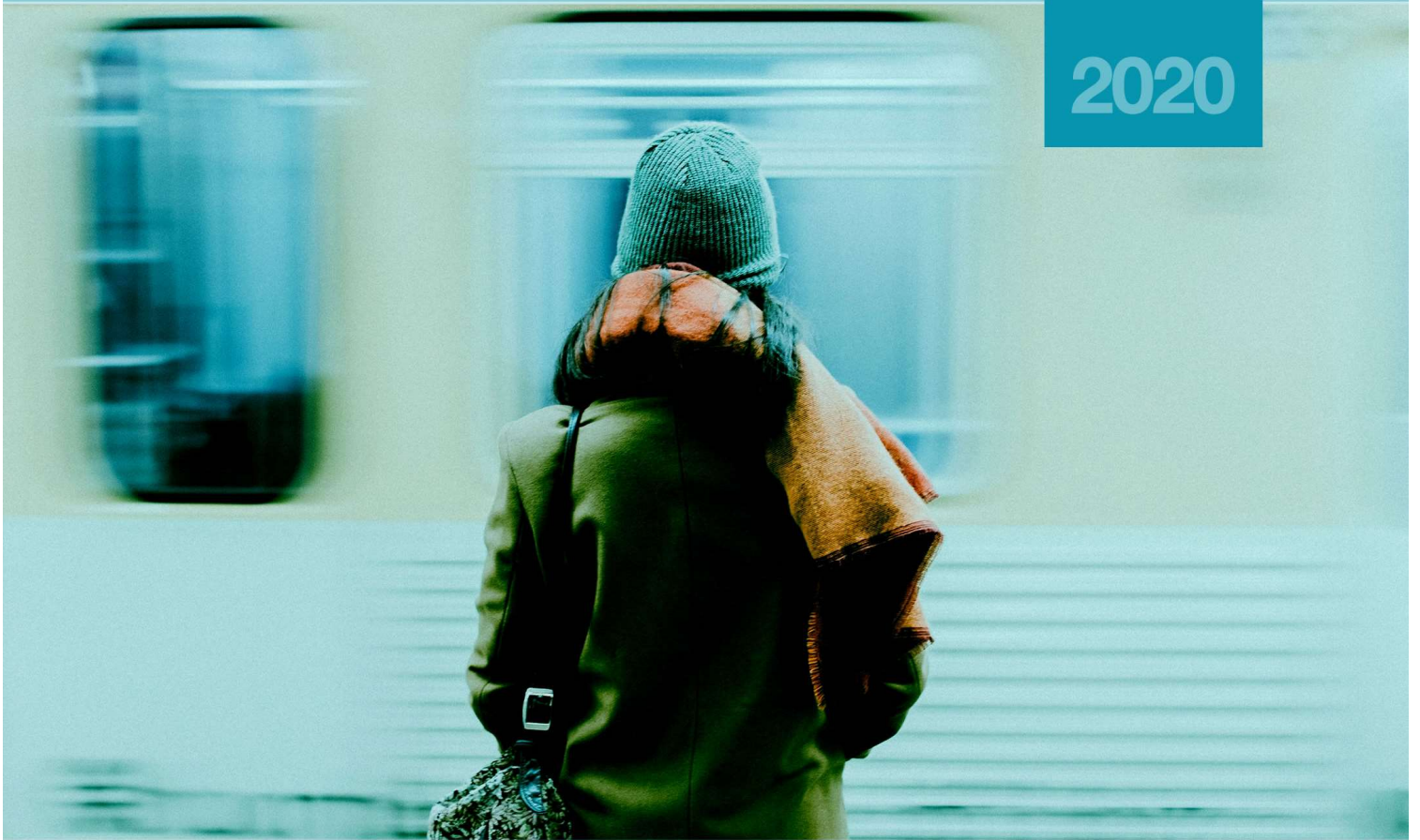# DEPRESSION

2020

Tracking Symptoms

talktherapy
AUSTRALIA
www.talktherapy.net.au

Breaking it down to understand depression

Depressive symptoms can be often be grouped into 3 categories. Some symptoms are of the somatic or physiological type, which are those that are related to physical sensations, for example: insomnia, poor appetite, or low energy, etc.

Some symptoms are of the cognitive type (thought responses) and affective type (emotions), such as: thoughts of suicide, hopelessness, feeling sad or crying, etc. The third category of symptoms is to do with how you act and behave, for example: staying in bed, not going out or avoiding people, etc.

My physical sensations	My thoughts and feelings	How I act in response to these sensations, thoughst & feelings
Insomnia	Thoughts of suicide	Staying in bed
Poor appetite	Feeling hopelessness	Not going out
Low energy...	Feeling sad or crying	Avoiding people

My physical sensations

_____

_____

_____

_____

_____

_____

_____

My thoughts and feelings

_____

_____

_____

_____

_____

_____

_____

How I act in response to these sensations, thoughst & feelings

_____

_____

_____

_____

_____

_____

_____

talktherapy

AUSTRALIA

DISCLAIMER

This brochure and the information contained therein should not be considered substitutes for the advice and treatment of a licensed health care professional. Not all techniques and recommendations are suited for everyone. We do not assume, and shall not have, any liability to users for injury or loss in connection of any self-assessments made or self-applications carried out by users of this brochure. We make no representations or warranties and expressly disclaim any and all liability concerning any treatment or any action following the information offered or provided within this brochure or on our website. If you have specific concerns or a situation in which you require professional or medical advice, you should consult with an appropriately trained and qualified specialist, such as a licensed psychologist, physician or other health professional. Never disregard the medical advice of a psychologist, physician or other health professional, or delay in seeking such advice, because of the information offered or provided within or through the website.