

SIGNS OF DEPRESSION

-  **Irritable**
-  **Guilt towards self**
-  **Lost interest in daily routine**
-  **Lacking focus, having trouble remembering things, difficulties with making decisions**
-  **Lasting sadness, hopelessness**
-  **Poor eating and nutritional deficiencies**
-  **Sleep deprived**
-  **Fatigue, Exhaustion, Dizziness and Digestive problems**

EFFECTS

-  **Weight Fluctuations (obesity or underweight)**
-  **Self isolating from society**
-  **Decreasing performance of work and academic**
-  **Dried mouth, constipation, urinary bladder problems**
lower interest in sex, dizziness, blurred visions




 JABATAN HAL EHWAL AGAMA ISLAM NEGERI SEMBILAN

DEPRESSION

The Silent Killer



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CAUSE OF DEPRESSION

What is depression?



Depression is a mental health condition that causes an individual to feel prolonged sadness, fatigue, irritable and lost of interest in daily activities

Who has the risk of depression?



This psychological disease can affect any gender, age or race

-  **Stress at work**
-  **Descendant factors**
-  **Abused victims**
-  **Cyber bully**
-  **Drugs and alcohol addiction**
-  **Traumatized by stressful past events**

WAYS TO TREAT DEPRESSION

-  **Conversation with trusted person**
-  **Seek professional consult**
-  **Try doing activities that you like**
-  **Practice healthy lifestyle**
-  **Avoid drugs and alcohol**
-  **Practice Zikr, Du'a, and Prayers**