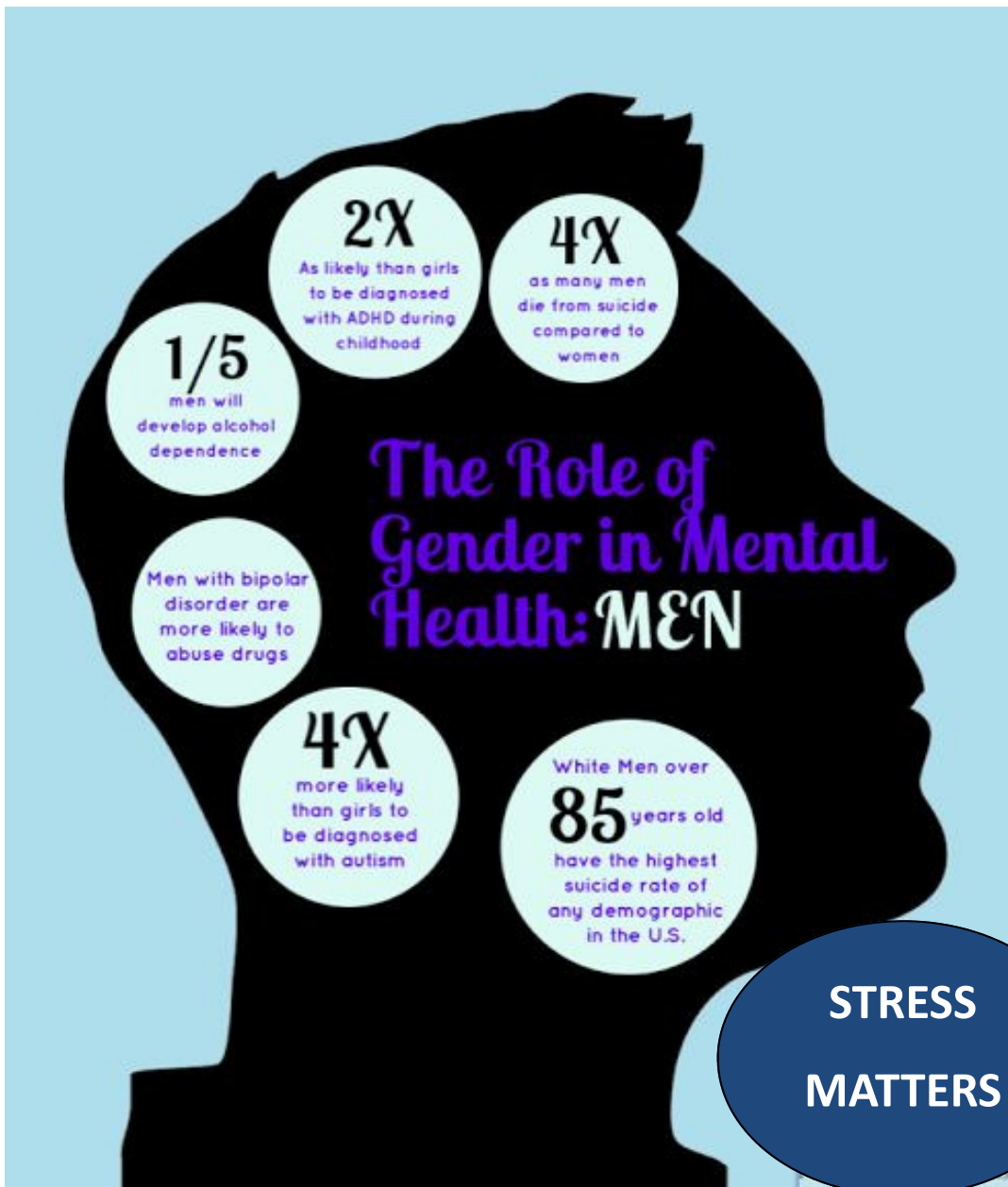


Differences between male and female depression

Women tend to:	Men tend to:
Blame themselves	Blame others
Feel sad, apathetic, and worthless	Feel angry, irritable, and ego inflated
Feel anxious and scared	Feel suspicious and guarded
Avoid conflicts at all costs	Create conflicts
Feel slowed down and nervous	Feel restless and agitated
Have trouble setting boundaries	Need to feel in control at all costs
Find it easy to talk about self-doubt and despair	Find it "weak" to admit self-doubt or despair
Use food, friends, and "love" to self-medicate	Use alcohol, TV, sports, and sex to self-medicate



Mental Health Matters

Depression Relief

- Exercise
- Clean Eating
- Sleep
- Talking (friend or professional)