

# IT'S OKAY TO SAY I'M NOT OKAY

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JULY MONTH  
MENTAL HEALTH AWARENESS



**'Unexpressed emotions will never die.  
They are buried alive and will come forth later in  
uglier ways'**  
Sigmund Freud

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## WHEN DOES IT FEEL TOO MUCH?

### the language of depression

Depression is a common experience, but it is often felt as a lonely and silent struggle.

Recognise how depression speaks.

Allow yourself the space to think, talk and feel so you can bring yourself back to being in the world again.

#### 1 I FEEL SAD MOST OF THE TIME

Persistent sadness, feeling of helplessness, hopeless outlook

#### 2 I DON'T ENJOY LIFE ANYMORE

Loss of pleasure in social life, work, hobbies, intimacy

#### 3 I FEEL DRAINED

Fatigue, sleeping too much, sleeping too little

#### 4 I'M EATING POORLY

Overeating, eating too little, gaining weight, losing weight

#### 5 I FEEL WORTHLESS

Low self-esteem, excessive guilt

#### 6 I CAN'T FOCUS

Distracted, indecisive, difficulty concentrating

#### 7 MY EMOTIONS ARE OUT OF CONTROL

Uncontrollable crying, mood swings, out-of-control anger, risky behaviour

#### 8 Y THOUGHTS ARE ON DEATH

Recurring thoughts about wanting to die or hurt yourself

If most of these signs are familiar, it's okay to reach out.  
The first step to discovering your strength is to acknowledge that your vulnerability matters.