

**SYMPTOM** **0**

Some days your depression does not effect you as harshly. You make it through the day without feeling down.

*Do not move on Severity Scale.*

**Symptom Info**

Mild depression is often referred to as dysthymic depression. The symptoms are not as severe as those that are often associated with major depression, but they still may require treatment, therapy, and possibly medication.



**SYMPTOM** **0**

It's a sunny day and you're in a good mood and do not have any bad symptoms today.

*Do not move on Severity Scale.*

**Symptom Info**

Also known as seasonal depression or simply, SAD, this type of depression is a form of major depression that fluctuates with the seasons. It most often includes a depressive period in the fall and winter months.



**SYMPTOM** **0**

Lately, you have been working hard on keeping positive and it seems to be helping.

*Do not move on Severity Scale.*

**Symptom Info**

Remember that positive thinking will replace negative thoughts as your depression responds to treatment.



**SYMPTOM** **0**

You got a good workout in today and feel good for now.

*Do not move on Severity Scale.*

**Symptoms Info**

Try to be active and exercise. Go to a movie, play a sport, or another event or activity that you once enjoyed.



