# Depressive mood

1. background: strong competition in society. High pressure.

The incidence of depression increases to 5% in china.

1. Different from depression, depressive mood is very common to everyone.

Character: short-term(at most 1 month) appear and disappear along with something

1. symptom : be pessimistic. Losing interest in life. Low self-evaluation. No/few communication with others.
2. Cause : worry.(exam). big bad things
3. Harm: difficult to sleep. Suicide thoughts. Loss of labor capability. Be pessimistic.
4. cure: ask psychologists for help. Keep a good life habit. Be open to new ideas.

Believe in others. Talk about your worries with your friends. Appropriate complaints.

1. if your friend is in depressive mood, don’s just persuade him/her to be content.

Do some specific things to let him/her smile and forget the bad things.