



Drowsy with Depression

by NEWLIFEOUTLOOK TEAM

Your Fatigue in Depression

With a major depressive episode, you likely don't feel like doing anything. You may experience a lack of interest in things that you used to enjoy doing. You should take your medications or participate in therapy and then get out and start exercising. Any form of exercise that you do will activate chemicals in your brain and can help you to feel better. If you exercise outside, you're likely to see an even better increase, especially if you have seasonal affective disorder. Part of the cause of seasonal affective disorder is not getting enough vitamin D and sunlight from staying indoors. Dress warmly and have a walk and pick up a hot drink on the way during the winter.

