



## D.A.V. PUBLIC SCHOOL, SECTOR 49, GURUGRAM

### HEALTH BULLETIN - March & April

#### FROM THE DOCTOR'S DESK

Dear students,

Welcome to new grades!!

Each year **World Health Day** is celebrated on **7th April**. So this bulletin is dedicated to “**Early identification and prevention of depression in children and adolescents**”.

Depression can affect people of all ages. At any given time, one out of five young people is dealing with mental health problem. It can cause mental anguish in children and decreases their ability to carry out even simple tasks.

#### ➤ **What is depression?**

Depression is an illness characterised by persistent sadness and loss of interest in activities that one normally enjoys.

#### ➤ **What are the early signs and symptoms of depression?**

- Changes in appetite (increased or decreased)
- Changes in sleep pattern (sleeplessness or excessive sleep)
- Continuous feeling of sadness or hopelessness
- Difficulty in concentrating
- Fatigue
- Feeling of rejection
- Irritability or anger
- Social withdrawal
- Physical complaints like headache, stomach ache etc
- Vocal outburst or crying.



#### ➤ **Who are at risk of developing depression?**

Children exposed to following factors are at risk –

- Bullying
- Physical or emotional abuse
- History of parental depression
- Family discord
- Stress to excel in academics, sports, etc.

➤ **How can depression be prevented?**

Believe it or not simple lifestyle changes play a huge role in preventing depression.

1. Get enough sleep :- develop bed time routine
2. Regular exercise:- exercise has mood boosting effects
3. Breathing exercises and meditation:- increases vitality and uplifts the mood.
4. Maintain blood sugar levels:- eating food at regular intervals maintains blood sugar levels.
5. Early identification of the behavioural changes.
6. Develop hobby like singing, gardening, instrumental music, etc. will help to destress.
7. Parents play a major role in preventing depression among children(Strong parent – child relationship is needed)

**Parents should-**

- Set aside some time each day to talk to their child.
- Encourage children to express his or her feeling.
- Praise their strengths like academics, sports, music etc.
- Respond to child's anger with calm reassurance.

**Note** - If the above symptoms persist for more than 2 weeks, one needs to visit psychologist for Counselling and Medical therapy.

**“DON'T QUIT, ACT QUICK”**