

## My heart my family our culture



### Feeling sad and lonely

It is normal to feel sad sometimes, but depression is an illness that makes people feel sad, 'down' or miserable most of the time. It makes it hard for them to do anything, even everyday jobs or going to work.

People with depression may behave in different ways. They may:

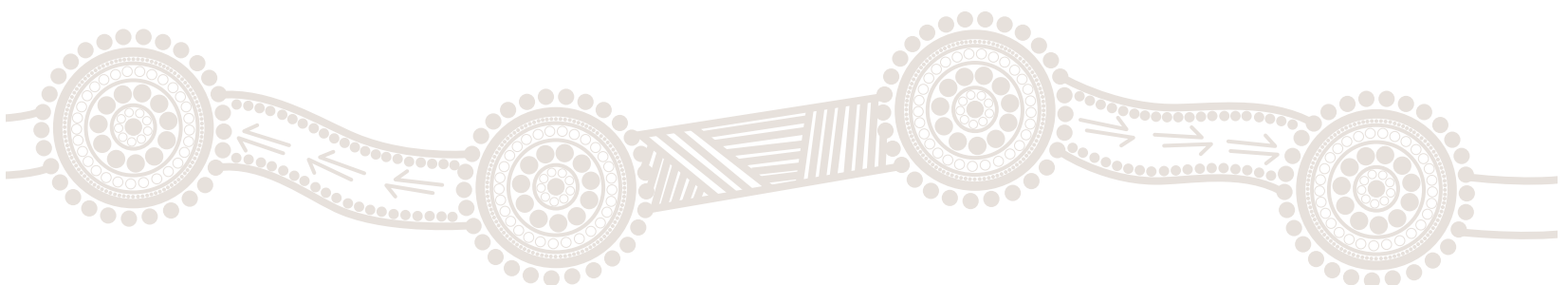
- be moody, unreasonable, irritable and frustrated
- lose interest in themselves and stay away from family and friends.

How to deal with depression or social isolation:

- spend time with friends and family
- go for walks and take time to do the things you like to do
- see your doctor or Aboriginal Health Worker for some advice.



**If you are taking medications do not stop taking them without talking to your doctor.**



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### Social isolation and depression

Possible effects of stress:

- increased blood pressure
- increased heart rate
- increased risk of heart disease
- feeling tense most of the time
- feeling of tightness in the stomach.

What you can do to manage stress

- Talk to someone you trust, share the load of your problem.  
If you are not comfortable talking to someone it may help to write down your feelings or speak them aloud.
- Identify what causes your stress.
- Go for a walk.
- Talk with your doctor, nurse or Aboriginal Health Worker

### Talk to someone who is specially trained in heart health care to answer your questions Call our Helpline on 13 11 12

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