



## Strategies for Addressing Emotional Risks for Depression

Mental health is important, since what happens in the mind influences the way we think, feel, act and face daily life. If you don't take care of your mental health, you may start to feel very sad, not wanting to do anything, or disconnected from what you love and/or enjoy.

The symptoms mentioned above are associated with depression, and they can change the way life is perceived. Therefore, it is important to take care of yourself and seek help when you need it, as this allows you to live with more calm, strength and joy. Depression is a mental health condition that affects mood.

### The most common symptoms related to depression are:

- Low self-esteem
- Deep sadness or emotional emptiness
- Irritability
- Fatigue or lack of energy
- Difficulty concentrating
- Trouble sleeping
- Loss of interest in activities you once enjoyed
- Change in diet
- Feelings of guilt and hopelessness
- Thoughts of death or suicide

### Some strategies to manage the emotional risks of depression include the following:

- Learn more about mental health; This will help you better understand your condition and make more conscious decisions.



- Establish a routine of sleep, eating, and activities.
- Do physical activity a minimum of 3 times a week.
- Properly manage your emotions and express what you feel.
- Avoid overloading yourself with tasks or responsibilities.
- Focus on the small achievements and celebrate every breakthrough, no matter how small it may seem.
- Do relaxation activities, such as reading, listening to music, or meditating.
- Learn to say "no" and set healthy boundaries.
- Avoid the consumption of substances such as alcohol or drugs.

### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Health

787-641-9133

### References:

<https://www.apa.org/topics/depression/trastornos-depresivos>

<https://institutosalamanca.com/prevencion-primaria-depresion>

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