

The fine line between appropriate, healthy processing and emotional disorders

While grief is a natural response and part of life, depression requires special support. The difference between grief and depression can be nuanced - and there are characteristics that apply to both states.



Grief

- Distress is related to loss or being separated
- Tearfulness
- Longing for the lost person/function/thing
- Emptiness
- Often comes in waves

Depression

- Distress is related to a generalized lowered mood
- Thoughts of self-harm/ suicide
- Often consistent, sustained low mood
- Lack of motivation & energy

- Sadness
- Loss of interest in activities & social life
- Fatigue
- Appetite $\uparrow\downarrow$
- Sleep $\uparrow\downarrow$

Although not everyone will develop depressive symptoms, being aware of the possibility is crucial. Consider that depression can have various underlying factors.



Find more information on:
beatcancer.eu



Contact/Notes

Seek professional help

if the following persists for at least 2 weeks:

- You feel **stuck** in your process of dealing with your cancer history.
- You notice a big **gap** between how you think about your life and how you feel about it.
- You feel a **pressure** to appear happy and thankful, but on the inside you feel sad and empty.
- “I would not mind not to wake up tomorrow” is a thought that comes to your mind **regularly**.
- You struggle with **sleep problems** for a long time.
- You feel extremely **tired** without a clear physical reason.
- You feel like you’ve built a **dam against sorrow** and once you start crying, you will never be able to stop your tears.



Self-help

- Storytelling
- Conversations
- Support groups
- Mentoring programmes
- Physical activity/sport
- Expressive arts
- Bibliotherapy

Possibilities
for support



Professional therapy

- Psychoeducation
- Client centered therapy
- Cognitive behavioral therapy
- Systemic family therapy
- Clinical psychological therapy
- Neuropsychological therapy
- Group therapy
- EMDR Eye Movement Desensitization & Reprocessing
- ACT Acceptance and Commitment Therapy
- Other Expressive therapies, Art therapy, Psychomotor therapy, Pharmaceutical therapy etc.



What's
needed?



Mental Health surveillance during treatment
and in life-long follow-up care
Easy access to psycho-social treatment