

Depression and Sadness Triggers

Recognition of triggers or situations that often contribute to the onset of a period of sadness or depression can help you avoid or minimize its severity. Some of the most common ones are listed below. Depression triggers are different for each individual and you may have triggers that are included in this list.

Common Depression/Sadness Triggers:

- Stress
- Poor nutrition
- Physical exhaustion and fatigue
- Poor communication and social skills
- A significant adverse event or experience
- Marital or relationship discord
- Loss of hope
- Alcohol and drug use
- Financial difficulties
- Chronic pain
- Exposure to abuse or history of abuse
- Medication side effects
- Physical illness
- Self doubts
- Situations in which one feels trapped or helpless
- Shorter days, less sunlight
- Poor choices, problem-solving deficits

Make a list of triggers that contribute to your depression or chronic sadness.

1. _____

2. _____

3. _____

4. _____

5. _____

What are ways you can avoid or minimize these triggers? Make your plan detailed and specific. If you need ideas or assistance, ask a trusted friend or counselor to help.

Trigger	What I will do