• Complain of lack of energy, loss of self-esteem, difficulty concentrating, loss of interest in activities and other people, pessimism, crying, thoughts of suicide.

2. Different types
• Major depression: Intense feelings of depression as stated above. Some experience delusions of worthlessness, guilt for imagined wrongdoings, feeling like they "don't care" anymore
• Bipolar disorder: Mood swings from ecstatic elation to deep depression.

3. Causes
• Reaction to losses and stress
• Chronic strain
• Holding feelings in
• Making irrational demands on yourself
• Always placing the blame on yourself
• Heritable

4. Effects
• Drugs and alcohol addiction
• Problems with overcoming illnesses
• Eating and sleeping
• Affects physical health—heart attacks and strokes

5. Treatment
• Antidepressants
• Talking to a specialist

6. How can you manage/prevent the disorder
• Having a healthy diet
• Exercising
• Taking time off for fun and relaxation

Anger
1. What is the problem about?
• "An emotional state that varies in intensity from mild irritation to intense fury and rage,"
• Your heart rate and blood pressure go up
• Constant irritability, rage and anxiety are possible emotional symptoms

2. Different types
• Individuals who have trouble controlling anger can have different types of anger disorders
  ◦ Chronic, prolonged anger
  ◦ Passive anger, difficult to identify because it does not come across like anger. It is anger turned inwards
  ◦ Overwhelmed anger: life demands being too much for the individual to cope with
  ◦ Self-inflicting anger: directed towards the self and may be caused by feelings of guilt
  ◦ Judgmental anger: towards others and caused by feelings of resentment
  ◦ Volatile anger: sudden bursts of excessive or violent anger

3. Causes
• Person’s environment: stress, abuse, poor social or familial situations, overwhelming requirements of time and energy
• Hereditary
• Learned

4. Effects