CLÍNICA VIVALDI · FREE SHEET · DEPRESSIVE

Persistent depressive disorder (dysthymia)

Mood down most of the day for at least two years, chronically. A person may think that "it's always been like this".

COMMON SIGNS

- Low mood almost all the time
- Low self-esteem and little energy
- Pessimism and hopelessness

TIPS FOR YOU

1. It can be treated even if it has lasted years
2. Plan meaningful activities every week
3. Psychotherapy helps change thinking patterns

FOR FAMILY AND FRIENDS

1. Appreciate their small steps forward
2. Encourage them to ask for help: "I've always been like this" doesn't mean it can't change

WHEN TO ASK FOR HELP

1. If mood gets clearly worse
2. If thoughts of death appear: 024

TO OBSERVE AND NOTE DOWN

☐ I feel down most days
☐ I have been like this for more than two years
☐ I have little energy
☐ My self-esteem is low
☐ I find it hard to make decisions
☐ I feel pessimistic about the future
☐ I think I've always been like this
☐ I enjoy things very little

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-depresivo-persistente-distimia
- Full article: Dysthymia: clinicavivaldi.com/en/trastorno-distimia
- Free guide: Depression: clinicavivaldi.com/en/guia-depresion
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112