

# DEMORALIZATION VS. DEPRESSION

## WHAT DEMORALIZATION LOOKS LIKE

- ✧ *Loss of meaning*
- ✧ *Feeling unable to cope*
- ✧ *Existential distress*
- ✧ *May fluctuate with the situation*
- ✧ *May occur without depression*

# DEMORALIZATION VS. DEPRESSION

## WHAT DEPRESSION LOOKS LIKE

- ✧ *Loss of Pleasure*
- ✧ *Persistent Depressed Mood*
- ✧ *Biological + psychological symptoms*
- ✧ *More pervasive across contexts*
- ✧ *Clinical diagnosis*