



## GLOSSARY

WORD	DEFINITION	EXAMPLE
<b>DEPRESSION</b>	A state of feeling sad, which can lead to: inactivity, difficulty thinking and concentrating, change in appetite and sleep, feelings hopelessness, and suicidal tendencies.	A person who cannot find any reason to get out of bed in the morning, because they feel that life is not worth living.
<b>MANTRA</b>	A word or phrase that you repeat over and over in your head so that it becomes something that you think almost naturally.	"I can do this, I can do this, I can do this..."
<b>SELF-TALK</b>	This is a method to help change your negative thoughts into positive ones. Saying positive words to yourself to help go through tougher times.	Saying to yourself: "You can do it!"
<b>VICIOUS CYCLE</b>	A series of events where the reaction to one obstacle causes a new problem that makes the original one worse.	When feeling pain causes stress and stress makes pain feel worse.
<b>SUPPORT NETWORK</b>	A group of people who provide you with social support.	This can include your spouse, friends, people from your community or church, medical staff etc.