Understanding Depression

Know What Depression Is
- Feeling of helplessness
- Not finding joy in activities you used to like
- Loss of energy
- Self-loathing
- Reckless behavior
- Noticeable sleep or appetite changes
- Anger or irritability
- Increased isolation

What It Can Feel Like
I feel helpless. I oversleep and it’s hard to get out of bed. I feel tired all the time and I never want to do anything. I wish I had motivation.

When It’s Not Depression...
If some of the symptoms above sound like your experience but others do not, you may be experiencing a different mental or physical health concern. Talk to a professional to help you decide next steps.

One third of college students experienced depression in the past year and had difficulty functioning because of it. (Source: APA)

Coping with Depression
1. Get Moving. Research shows that your fatigue will improve if you get regular exercise. Try rhythmic exercise like walking, weights, swimming, martial arts, or dancing.
2. Challenge Negative Thinking. Depression causes irrational, pessimistic attitudes called cognitive distortions. Examine negative thoughts and challenge them.
3. Minimize Sugar & Refined Carbs. You may crave sugary snacks, baked goods, or pasta & French fries, but they lead to a crash in mood and energy.

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