

Coping with Depression

Take time to assess why you are feeling down. In many cases, feeling sad is an expected and appropriate reaction to a situation; however, when these feelings last for an extended period of time or significantly interfere with your ability to function, it might be wise to change your situation. Here are some suggestions for self-care and coping with depression:

Increase Social Support

- Talk to friends or family.
- Confide in others.

Explore Thoughts, Feelings and Problem Solving

- Write about your situation in a journal.
- Allow yourself to experience your feelings.
- If you are angry, find a safe way to express it. Cry if you need to do so.
- Replace negative thinking with realistic thinking.
- Break large tasks into small ones; set manageable goals.

Maintain Health/Exercise

- Maintain healthy nutrition — junk food, caffeine & alcohol can cause mood swings.
- Workout in the Activity Center.
- Join an intramural team.
- Attend yoga classes.
- Get enough sleep.
- Don't abuse alcohol/drugs.

Practice Spirituality

- Participate in religious services.
- Talk to clergy.
- Read inspirational material.
- Meditate, pray.

Engage in Fun and Rewarding Activities

- Do things you enjoy.
- Resume old hobbies or learn new ones.
- Volunteer in community service activities.

Seeking Help for Depression.

It is important to remember that depression is treatable. If symptoms of depression are interfering in your ability to perform daily functions or are causing significant distress, you should consider seeing a counselor.

There are a variety of very successful interventions in the treatment of depression. Psychotherapy and/or medication are effective interventions for treating the majority of depressive illnesses. Research studies have found a combination of the two to be the most effective treatment available.

The type of treatment that is appropriate for you will depend on your specific symptoms, history, situational factors, and personal preference. A professional can answer any questions or concerns you may have about treatment.