



Campus Counseling Center

Depression

“You say you are ‘depressed’, all I see is resilience. You are allowed to feel messed up and inside out. It doesn’t mean you’re defective, it just means you’re human.”

– **David Mitchell,**

Depression is a serious medical illness which impacts how people feel, the way they think and how they respond. Depression may support to loss of interest in daily activities, loneliness and worthlessness. Depression also leads to a diversity of emotional and physical problems which declines a person’s ability to perform at school, work and at home.

Signs of Depression

Depression mostly affects your thoughts, feelings, emotions, behaviors and generally cause physical and psychological health problems. Here are some of the most usual signs that shows the depression:

• Feelings	• Thoughts	• Behavior	• Physical Problems
• Guilt	• Problem in Concentration	• Avoiding social interactions	• Tiredness
• Feeling of Hopelessness	• Problem in Decision Making	• Avoiding work	• Lack of Energy
• Sadness	• Problem in remembering	• Missing school, office or other commitments	• Weight loss or gain
• Angry	• Thoughts of self-harming	• Substance Abuse	• Changes in sleep
• Loss of interest in friends	• Unrealistic expectation	• Attempts to harm yourself	• Changes in Appetite

Risk Factors of Depression

- Genetics:** Depression runs in family genetics.
- Biochemistry** Differences in specific brain chemicals may enhance to symptoms of depression.
- Environmental Factors** the factors such as violence, abuse neglect and poverty leads people more helpless to depression.

- **Personality:** People having with low confidence, low self-esteem and negative thought about their selves, are more likely to experience depression in one stage or another stage.

How to Recover from Depression

- **Focus on the problems.** Figure out about the basic problem is and right down what actually bothers you helps to identify the root cause of your problem.
- **Identify your thoughts.** Try to identify your negative thoughts which overpower your positivity, write a self-altered positive statement against your each negative thought to replace the negativity.
- **Think Positive:** Always think positive which helps to reduce your stress & anxiety.
- **Count the blessings** at the end of the day count your blessings and be thankful to your God.
- **Share your Feelings,** be expressive to share your feelings with your trusted friends. Do not feel guilty or embarrassed.
- **Engaging in Social Activities.** Engaging in social activities and helping others will help you to cope with the stressful situations in a more supportive way.
- **Follow healthy lifestyle,** Practice walk, relaxing exercises & meditation will help you to stay healthy.
- **Eat Enriched Vitamin food** to stay healthy and pamper yourself by spending time in your favorite hobbies

For further information contact:

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https://www.nimh.nih.gov/health/publications/depression-what-you-need-to-know/depression-what-you-need-to-know-pdf_151827.pdf

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