

# WHAT TO KNOW ABOUT DEPRESSION

## What is depression?

Depression is a common but serious mood disorder. While it's normal to feel sad or experience depressed mood in response to a life struggle or loss, if these feelings persist for more than two weeks you may be experiencing depression.



Symptoms of depression may be cognitive, emotional, and/or physical. They may include:

- Persistent sad or "empty" mood
- Loss of interest or pleasure in hobbies or activities
- Insomnia or oversleeping
- Feeling guilty, worthless, or hopeless
- Changes in appetite
- Difficulty concentrating and making decisions
- Feeling restless or irritable
- Persistent fatigue
- Thoughts of death or suicide

## Did you know?

Risk factors for depression can include personal or family history of mood disorders, major life changes, traumas, or stressors, and certain physical illnesses or medications.



Nearly 40% of college students report that their functioning has been impacted by depression within the last year.

Not everyone who is depressed has the same symptoms, and there is no "one size fits all" treatment. However, with a combination of approaches, even the most severe cases are treatable.

## Tips for Managing Depression



Set realistic goals for yourself. Make specific plans to do things that bring you joy and/or give you a feeling of accomplishment.



Try not to isolate yourself. Spend time with others and confide in people that you trust. More people can relate to how you're feeling than you might think; you're not a burden.



Recognize that change takes time, and that your mood will likely improve gradually, rather than immediately. Understand that some "ups and downs" are normal.



Take care of your body: Limit caffeine and alcohol. Get plenty of sleep. Eat well-balanced meals. Exercise regularly- it really can help!

SELF HELP RESOURCES ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

# SELF HELP RESOURCES FOR DEPRESSION

*The Cognitive-Behavioral Workbook for Depression*  
by William J. Knaus\*

*The Feeling Good Handbook* by David Burns  
*The Mindful Way Through Depression*  
by Mark Williams et al.

## BOOKS



*The Mindfulness and Acceptance Workbook for Depression*  
by Strosal and Robinson\*

*Coping with the Seasons Workbook: A Cognitive-Behavioral Approach to Seasonal Affective Disorder*  
by Kelly J. Rohan\*

\*Some books available through App State's Library: [library.appstate.edu](http://library.appstate.edu)

## APPS AND ONLINE RESOURCES



### Apps:

- Calm
- Insight Timer
- Calm Harm
- Headspace
- Pacifica
- Virtual Hope Box

### Online Resources:

*Anxiety and Depression Assoc. of America*: [adaa.org](http://adaa.org)

*I Had a Black Dog (World Health Organization)*:

Short video about depression and how to cope:  
[youtube.com/watch?v=XiCrniLQGYc](https://www.youtube.com/watch?v=XiCrniLQGYc)

*Selfcompassion.org*: Exercises and guided meditations

*Suicide Prevention Lifeline*:

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) or (800)273-8255

## CAMPUS RESOURCES



### Counseling Center:

Check out our Quick Access groups!  
(828) 262-3180 or [counseling.appstate.edu](http://counseling.appstate.edu)

UREC: Exercise and connect with others!  
(828) 262-2100 or [urec.appstate.edu](http://urec.appstate.edu)

### Wellness Center:

Koru Mindfulness classes and retreats!  
(828) 262-3148 or [wellness.appstate.edu](http://wellness.appstate.edu)

## MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes information and resources from:

- Anxiety and Depression Association of America: <https://adaa.org/understanding-anxiety/depression>
- National Institute of Mental Health: [nimh.nih.gov/health/topics/depression/](http://nimh.nih.gov/health/topics/depression/)
- Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.)
- Time Magazine: [time.com/5190291/anxiety-depression-college-university-students/](http://time.com/5190291/anxiety-depression-college-university-students/)