

Self-Help Resources for

DEPRESSION

What is depression?

Depression is a common but serious mood disorder that affects the way you think, feel and act. 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.

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

Typical symptoms

Not everyone who experiences depression has the same symptoms. Possible symptoms may be cognitive, emotional, and/or physical. They may include:

- Persistent sadness or "empty" mood
- Loss of interest or pleasure in hobbies or activities
- Insomnia or oversleeping
- Feeling guilty, worthless, or hopeless
- Changes in appetite
- Feeling restless, irritable, persistent fatigue
- Thought of death or suicide



This handout includes information from the American Psychiatric Association and the Anxiety and Depression Association of America.

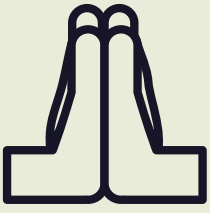
Helpful Tips

Take care of your body



Establish a sleep routine, meet your nutritional needs, and try to incorporate some form of movement.

Establish a New Routine



Create a routine to provide structure for the hard days and change up your environment

Connect with Others



Avoid isolating yourself. Spend time with others and share with those you trust. You are not a burden!

Practice Self-Compassion



Understand that "ups and downs" are normal. Be kind to your mind and allow yourself to slow down to take care of your basic needs.

Resources

Check out our full resource list via QR code!



Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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