

# DEPRESSION

## ***What is depression?***

Depression is a treatable condition that involves the body, mood, and thoughts. A depressive condition is not the same as a passing "blue" mood. It is not a sign of personal weakness or a condition that can be willed away.

## ***Symptoms of depression***

Not everyone with a depressive condition experiences every symptom. Some of the symptoms of depression can include:

- Persistent sad, anxious, or numb mood
- Feelings of hopelessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest of pleasure in hobbies and activities that were once enjoyed
- Decreased energy, fatigue, feeling slowed down
- Difficulty concentrating, remembering, making decisions
- Trouble sleeping, early morning awakening or oversleeping
- Restlessness, irritability
- Thoughts of death/suicide or suicide attempts
- Persistent physical symptoms such as headaches, chronic pain, and digestive disorders

## ***Treatments***

In general, severe depressive symptoms, particularly those that are recurrent, will require a combination of treatments for the best outcome. It usually takes a few weeks of treatment before the full therapeutic effect occurs.

If you are concerned about sadness or depression, take time to visit with a counselor at the UWL Counseling and Testing Center.

## **Self care activities**

### **Mental:**

- Practice mindfulness
- Meditate
- Journal thoughts and feelings
- Draw or paint
- Read inspirational quotes

### **Physical:**

- Take a walk
- Dance
- Take a bubble bath or shower
- Cook yourself dinner
- Give a friend a hug

### **Emotional:**

- Talk to a trusted person
- Watch a funny show or movie
- Practice self compassion
- Play with your pet
- Call a family member or friend

## **Develop a self care plan**

When feelings become intense, it's important to have a plan of how to take care of yourself.

Consider the following questions, and incorporate them into your self care plan:

1. Who is a supportive person I could call or spend time with?
2. How will I know I need to use my self care plan?
3. What is a distracting activity I can engage in?
4. What are a few self care activities I know work for me?
5. What are my emergency resources should I need them? (Hint: listed below)

# **CONTACT US**

### ***UW La-Crosse Counseling and Testing Center***

2106 Centennial Hall  
8 - 4:30pm M-F  
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073



**Visit our website!**

### ***Emergency Resources***

UWL Police: 608-789-9999

City of La Crosse Police: 911 or 608-785-5962

Great Rivers 211: 211 or 800-362-8255

Suicide and Crisis Lifeline: Call or text 988