



# DEPRESSION

## What is Depression?

While everyone experiences sadness sometimes, feeling down for a sustained period (ongoing) can be detrimental to both your psychological and physical health. Individuals of all ages and all racial, ethnic, and socioeconomic backgrounds experience depression. Affecting some groups of people more than others, women are 70% more likely than men to experience depression, and young adults aged 18–25 are 60% more likely to have depression than older adults (National Institute of Mental Health, 2019). If ongoing sadness or other symptoms listed below continue to impact your mood and ability to function, depression could result.

## You May be Experiencing:

- Sadness, tearfulness	- Hopelessness
- Fatigue	- Decreased concentration
- Lack of pleasure/interest	- Low self-esteem
- Sleeping too much/changes in sleep	- Isolation
- Appetite changes	- Thoughts of suicide

## Some Ways to Cope:

- Try one new coping skill and notice if your mood is impacted
- Practice Self-care and Self-compassion
- Make an effort to stay in touch with others
- Get some physical activity, even for 10-20 minutes
- Eat a healthy diet and drink plenty of water
- Minimize substance use
- Engage in a creative activity or view artwork, music, or dance
- Consider journaling to clarify and express feelings
- Take a shower/bath
- Create a structure for your day and follow it
- **Get Connected.** Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.