

Depression

Depression can come in a variety of levels. Students may feel mild signs of depression through homesickness or fatigue, whereas others might experience constant and pervasive feelings of sadness which extends beyond a “blue mood” as it is a medical condition. Although depression is treatable, it is important to know what the signs and symptoms are so you can seek care as soon as possible.

- Loss of Appetite
- Loss of interest in previously enjoyed activities
- Excessive sleep
- Lack of sleep
- Body aches (not related to illness)
- Low motivation
- Feelings of hopelessness
- Suicidal thoughts
- Self-harming behaviors
- Isolation
- Uncharacteristic anger responses
- Excessive crying
- Trouble concentrating
- Slow thinking/movements

A few basic tips to combat these symptoms:

- Establish routines - Go to bed and wake up at roughly the same time daily to promote healthy sleep cycle and consistency
- Engage with supportive peers
- Gratitude list of positives within the day even if they seem simple
- Eat food that fuels you well - caffeine can make it hard to get good sleep at night, consider limiting your intake
- Be active when possible
- Be aware of irrational thinking - try to focus on the facts not just the feelings