

# Depression

Many college students experience a time when they feel as if they are depressed. In fact one in four people will experience a depressive episode by the age of 24. College students face a time filled with moving away from home, high stress relationships, tremendous school work load, and worrying about the future. Many times these situations lead to feeling blue, sad, down in the dumps, or just low. When you begin to feel this way it is important to identify those feelings and seek help out.

## Symptoms of Depression

- Sad or anxious mood .
- Eating too much or too little.
- Sleeping poorly or too much.
- Difficulty concentrating .
- Lack of energy.
- Lack of interest in previously enjoyable activities.
- Feeling hopelessness, worthlessness, and/or guilt.
- Irritability.
- Suicidal thoughts or attempts.

## Tips for Offsetting Depression

- Exercise regularly. (Rigorous or a walk in the park)
- Mediate.
- Changing routine aspects of your life.
- Developing a support system of friends and family
- Find a healthy way to release pent up thoughts and emotions (Journaling, painting, talking to a friend)

Depression is a serious illness that can affect anyone at anytime. People who are experiencing depression often wish for things to change or be better, but have little hope that they ever will. By being aware of the thoughts and emotions you are experiencing you can try the tips for offsetting depression. However, if you are experiencing symptoms of depression that seem uncontrollable the Counseling & Career Center wants to help. Call **665.6262** or stop by the lower level of Main Hall to make an appointment with one of the counselors.

Adapted by information provided by [www.ulifeline.com](http://www.ulifeline.com)

## UM COUNSELING & CAREER CENTER

Providing free and confidential **PERSONAL** and **CAREER** counseling services to UM Students.

Call 665.6262 or stop by the lower level of Main Hall



[www.montevallo.edu/counselingcenter](http://www.montevallo.edu/counselingcenter)