

## Special Topic: HOW TO HELP YOURSELF IF YOU ARE DEPRESSED

Depressive disorders make one feel exhausted, worthless, helpless, and hopeless. Such negative thoughts and feelings make some people feel like giving up. It is important to realize that these negative views are part of the depression and typically do not accurately reflect the actual circumstances. If you experience these thoughts and feelings, the tips below may help to relieve them. If they persist more than a week, you should contact the college counselor at 876-5276. It is not uncommon to feel depressed occasionally but it is important to prevent it from progressing into a clinical or long-term depression. Negative thinking fades as counseling moves forward. In the meantime:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better.
- Mild exercise, going to a movie, a ballgame, or participating in religious, social, or other activities may help.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition - change majors, change jobs, drop out of school, change relationships - discuss it with others who know you well and have a more objective view of your situation.
- People rarely "snap out of" a long-term depression. But they can feel a little better day-by-day.
- *Remember*, positive thinking will replace the negative thinking that is part of the depression and will disappear as your depression responds to treatment.
- Let your family and friends help you.