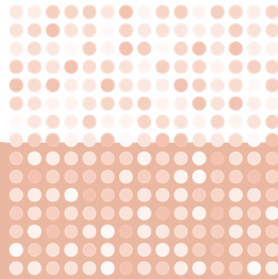




GLION SELF-HELP SERIES

Mental Wellbeing



Depression

Read about this topic & understand
what you are experiencing, as well
as tips on how to manage it.



Feeling down or feeling sad is not the same thing as having depression. Depression occurs when sadness, or other patterns, are prolonged and have an impact on your daily life. Depression can be triggered by past or present events or circumstances. If you think you may be suffering from depression, contact the campus health team.

● ● ● ● S O M E C O M M O N S Y M P T O M S ● ● ● ●
O F D E P R E S S I O N

Feeling sad or empty

Feel angry or irritable

Having difficulties in making decisions

Tearfulness for no obvious apparent reason

Disrupted sleep, feeling tired all the time

Substance abuse

A disrupted appetite, comfort eating, loss of appetite

“Brain fog”, having difficulty concentrating, focusing, or studying



Feeling worthless, guilty, or ashamed

Feeling agitated and restless

Having poor self-esteem

Having suicidal thoughts / Self-harming

Feeling oppressed by social pressure / competitiveness



TIPS & TECHNIQUE



Physical exercise provides endorphins in the brain, it can help to improve your mood. Training with others will provide you with social contact and less time to feel isolated and lonely.

Consult your doctor in charge of your mental and physical health. You will find more options to manage it. Self-help has limits, if the problem is serious and has an impact on your achievement, you must seek for a consultation.

Managing stress and reducing exposure to it can be helpful.

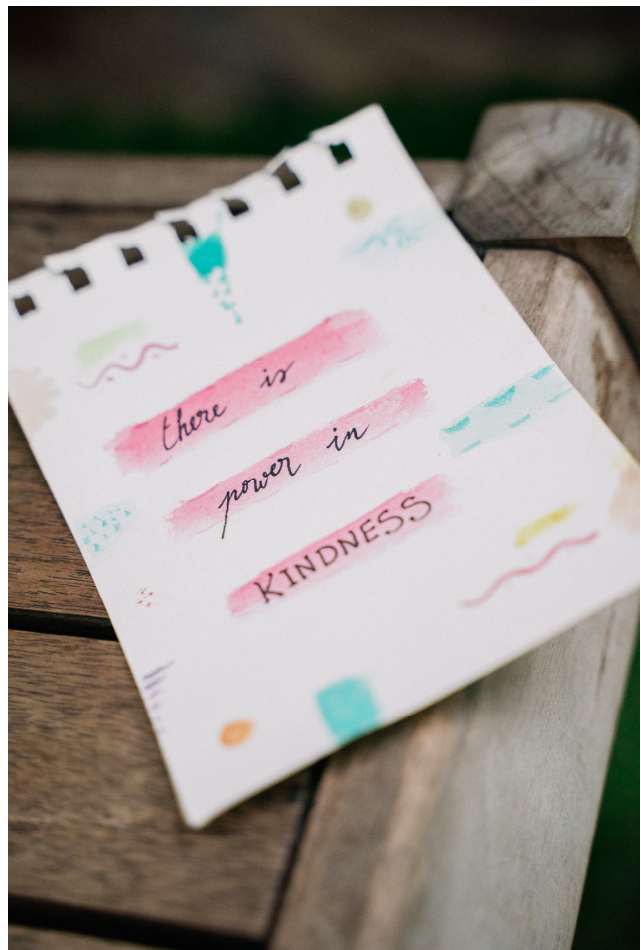
Having a healthy diet is important to improving your feelings of wellbeing.

Plan your daily or weekly activities to avoid doing nothing, to keep yourself occupied. Find a routine or purpose that suits you, participating in committee or having social contact with others.

Reduce or eliminate your consumption of alcohol or cigarettes.

Seek for counseling to understand better the “why” you feel depressed. A discussion can help to find the source or bring you a solution to cope with it.

Be easy and kind to yourself. Depression is not your fault. You are not responsible, so don't feel guilty about it.





HOW ARE YOU FEELING?



Taking the time to complete these screenings can help you identify signs or thoughts of stress, anxiety, burnout, and others:

Click here to assess your personal health: <https://www.healthsadvisor.com/en/login>



TAKE GOOD CARE OF YOURSELF



Self-help can be a good starting point if there is something troubling you and you aren't sure if you feel ready to talk to someone at the moment.

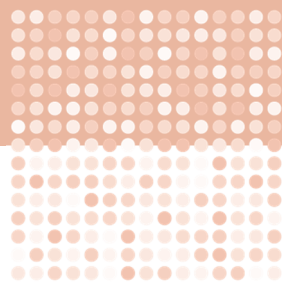
It allows you to tackle problems like stress, anxiety, and depression in your own time and at a pace that suits you:

- **First aid for feelings:** https://insighttimer.com/meditation-courses/course_thor-a-course-form
- **Managing stress and anxiety:** <https://emotionaid.com/>



OTHER GUIDES IN THE
GLION SELF-HELP SERIES

- Anger management
- Anxiety
- Assertiveness
- Confidence
- Constructive criticism
- Coping with homesickness
- Depression
- Developing purpose
- Emotional Intelligence
- Enjoy what you have
- Exam anxiety
- Frustration
- How to be happy
- Learning from mistakes
- Loneliness
- Looking after yourself
- Managing conflict
- Managing conflict
- Motivation
- Negative thinking
- Overcoming procrastination
- Perfectionism
- Planning and prioritizing
- Public speaking
- Regaining control
- Relationship break-up
- Self-confidence
- Setting into university
- Stress management
- Time management
- Worried about someone



Contact us

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