

Depression

Definition

Depression is a mix of sadness, loneliness, rejected, and inability for facing life struggles.

symptoms

- Continues sadness or anxiety or feeling of emptiness .
- Feeling of losing hope and pessimism .
- Feeling of guilty and worthless and inability
- Losing interest in hobbies and activities that were interested in previously
- Insomnia specially in the early morning hours, waking up before dawn, or too much sleeping
- Losing appetite and weight or gaining appetite and weight
- Losing liveliness and feeling of exhausting and slowness
- Thinking about death and suicide, or suicide trials
- Inability of being stable and continues tension
- Concentrating, remembering and decision making difficulties
- Continues physical symptoms like headache, digestion disorders and continues pains

How to overcome life stressors that lead to Depression

- addressing stresses and face it from beginning that allowing it to be accumulated makes it even more difficult and may be not solvable
- be reasonable; no one can get rid of all his stressors for good
- make pauses to get relaxed around the day so you can overcome stressors
- try not be too emotional and learn new ways to overcome anger.
- try negotiations and listening to points of view to solve family and work struggles
- say good things for yourself and avoid over explanations
- round yourself with kind friends and acquaintances and avoid those who tend to criticism and fighting
- widen your interests and enjoyment resources, and make variety of experiences through travelling and reading

How to avoid Depression



There is no way to avoid depression, but you can take steps to manage your tension and raise your happiness and self-esteem level



Also friend and family support –especially during your depression time can help you overcome it



Also early seeking therapy whenever seeing any symptom or sign helps curing depression and stop its aggravation.

جامعة الإمام عبدالرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY



مركز الإرشاد الجامعي
University Counseling Center



@UODCC



0133330844



CAC@UOD.EDU.SA