



SOS Digital - Providing Support to Students in Distress

Depressive Behaviour

Self-Help Guide for Students



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DEPRESSIVE BEHAVIOUR: HOW TO DEAL WITH IT

DEPRESSIVE SYMPTOMS

Depression is a lowed mood that lasts for at least two weeks. The fact that you are dealing with depressive symptoms, it does not always mean that you have a diagnosis of depression.

Possible signs indicating that you might be struggling with depression symptoms:

- ✓ Feel tired and apathetic,
- ✓ Changes in mood (sadness, pessimism, irritability),
- ✓ Feel exhausted,
- ✓ Very active at night but during the day feel very tired and sleepy or sleep most of the day,
- ✓ Often absent from classes,
- ✓ Problems with focusing, attention and remembering,
- ✓ Exceed deadlines for assignments for no compelling reason,
- ✓ Difficulty in fulfilling duties and pass exams,
- ✓ Loss of appetite,
- ✓ Feel no interest or pleasure,
- ✓ Experience a sense of meaningless,
- ✓ Lack of hope of being able to overcome a difficult situation,
- ✓ Socially isolated

HOW TO DEAL WITH DEPRESSIVE SYMPTOMS

- ✓ **Don't blame yourself.** Many people struggle with depressive symptoms. The appearance of these symptoms do not depend on you.
- ✓ **Share your problems** with someone close to you. Just being listened to by a loved one can be of support to you.
- ✓ **Maintain direct contact with other people**, and if this is impossible, make contact by phone or via the Internet.
- ✓ Create a **realistic plan for your daily routine**, including pleasant activities
- ✓ **Get a good night's sleep** - avoid spending time just before going to sleep in front of a TV screen, telephone or other devices. Try to sleep at night at fixed times.
- ✓ **Eat healthy and regular.**
- ✓ **Do sports**, even for recreational purposes, and if you do not like sports, try going for a walk at least once a day.
- ✓ **Seek help from a specialist** - a psychologist, psychotherapist or psychiatrist. You should look for specialized help when your symptoms are making it difficult for you to function daily

and you feel you are losing control of your daily life. Even though you may experience suffering and not see a solution for your problems, experience shows that with the help of a specialist such a change is possible. The sooner you start going to a specialist, the sooner you have a chance to feel good again. Don't be afraid of visiting a psychologist, psychotherapist or psychiatrist. They are specialists who work with people experiencing similar difficulties as you on a daily basis. They will surely show you understanding.

USEFUL CONTACTS

- ✓ If you are a student from UMinho please click [here](#)
- ✓ If you are a student from UniTrento please click [here](#)
- ✓ If you are a student from USC please click [here](#)
- ✓ If you are a student from AMU please click [here](#)

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