

Mental Health Awareness Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



Depression is the inability to construct a future. *Rollo May*

Tips on managing depression more effectively:

“Don’t they know it’s the end of the world?”, as an old song goes, may resonate with some people who are experiencing symptoms of depression. Whether it is due to biology or the environment, negative thoughts or events may trigger negative emotions in a person, causing the person to feel moody, lethargic or withdrawn. This may also affect the person’s focus, decision-making, sleep or memory, leading the person to feel overwhelmed by a sense of helplessness or hopelessness. Some may even harbour thoughts of harm to self or others. As depression is a treatable condition, it is imperative that a person with persistent symptoms seek professional help and/ or strengthen their coping strategies.

- ❖ Adopt a positive interpretation of situations or issues of your life by looking at these events as experiences rather than personal confrontations.
- ❖ When you are feeling down, it is not unusual if you feel the urge to withdraw from your family and friends. However, avoid prolonged social isolation as it may intensify the symptoms. Give yourself some breathing space, but remember to re-integrate into your social circle.
- ❖ A healthy lifestyle is a good way to beat the blues. This involves eating (and drinking) well, sleeping well and engaging in activities that you enjoy. Volunteer your help to others or your community as it may offer you a sense of purpose.
- ❖ While it is understandable that you may wish to deal with the issues on your own, it is necessary to seek professional help before the symptoms become chronic and impair the quality of your life.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

