

DEPRESSION



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WHAT IS DEPRESSION?

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work, school and at home.

WHAT CAUSES DEPRESSION?

Depression does not have a specific cause but factors that can lead to depression would be things such as Family problems, school, stressful life events, loss and more. Depression can also run in families.

WHAT ARE THE SYMPTOMS?

The symptoms of depression Vary. Some would be a persistent sad, anxious or "empty" mood, feelings of Hopelessness, guilt and worthlessness, loss in interest, change in appetite, weight gain or loss, suicidal thoughts and more

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DEALING WITH DEPRESSION AS A COLLEGE STUDENT

Depression among college students is more common these days. College is a common time for many people to experience the first signs of depression. College students may be exposed to many situations or risk factors that could trigger an episode of depression.

This can result from,

Loneliness, Isolation, Family stress, Relationships, Inadequate sleep, Work, Academic progress, Stress & more.

HOW CAN I MAKE IT BETTER?

If you're starting to have feelings of depression as a college students there are many things you can do such as Keeping a planner, Journaling your thoughts, Taking breaks, Getting enough sleep, eating healthy etc

WHO CAN HELP?

If you need or want help, try talking to someone you trust like a close friend. If you want someone more experienced try talking to a counselor.

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I chose to do my presentation on Depression because I almost lost one of my closest friends due to it. Depression doesn't discriminate meaning it can affect anyone and in any kind of way. Many people have their ways of hiding it such as covering with a smile and not opening up about it. College can get very tricky for many even causes us to become very anxious, overwhelmed and stressed but by using helpful coping mechanisms and prioritizing your mental health it can help a lot.



THE END.

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Sources

- www.Psychiatry.org
- www.timelycare.com
- www.webmd.com

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