

# Depression

## Strategies for Coping with Depression

- Exercise
- Seeking support from family and friends
- Relaxation techniques (e.g., meditation, biofeedback)
- Setting realistic expectations for yourself and others
- Engaging in fun activities
- Establishing a routine of healthy behaviors (e.g., proper nutrition, sleep).
- Replace negative thoughts with more positive ones

### Questions?

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Depression is a very common experience that can affect people regardless of gender, age, or background. Depression can occur at any time, but often we are most prone when facing multiple stressors or a few very significant ones. This disturbance in mood is more pervasive than the occasional “blues” that everyone experiences.

Depression can be caused by environmental or biological factors, or a combination of both. In fact, depression often runs in the family. The length and severity of the depressive experience depends on the situational factors that may be causing it, any genetic predisposition a person may have, and the person’s coping resources.

If you feel you may be experiencing depression and are unable to deal with it on your own, it can help to contact a mental health professional. Therapy and medication are proven methods in treating depression.

### Possible Signs of Depression:

- Feelings of sadness
- Losing interest in enjoyable activities
- Decreased or increased sleeping patterns
- Decreased or increased appetite
- Difficulty concentrating on tasks
- Loss of motivation
- Isolation from others
- Thoughts of suicide
- Body aches and pains
- Lack of energy/fatigue
- Feelings of hopelessness
- Increased irritability
- Neglecting responsibilities and/or self-care
- Low self-confidence
- General dissatisfaction with life

