



**BHARATHIAR COUNSELLING CENTER @
DEPARTMENT OF PSYCHOLOGY,
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How to deal with Depression?

Depression is a common and serious medical illness that negatively affects how we feel, think, and act. It causes feelings of sadness and loss of interest in activities. Depression can be mild, moderate, and severe.

The signs of depression can vary from mild to severe and can include the following:

- Feeling sad or having a depressed mood
- Loss of interest in activities that you used to enjoy before
- Changes in appetite
- Weight loss or gain unrelated to diet or exercise
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Feeling worthless or guilty
- Feeling hopeless or helpless
- Difficulty in thinking, concentrating, or making decisions



Ways to Deal with Depression

Dealing with depression can be challenging, but there are several steps to manage depression and improve mental health.

- **Practice mindfulness** – Guided Mindfulness practice or deep breathing exercises can help to manage emotions and stay grounded in the present moment.
- **Practice self-care** - Taking care of ourselves is important. It can include getting enough sleep, eating a healthy diet, exercising regularly, and engaging in activities that bring us joy.
- **Build a support network** - Social support is important for managing depression. Try to connect with friends or family members who are supportive and understanding.
- **Cuddling with a pet** – Spending time with pets can provide comfort and emotional support. It is an effective way to help improve our mood.
- **Seek help** – If you feel low and are unable to bring back cheer even with efforts, you may seek professional help. It can help you a great deal and make you feel a lot better.



For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in