

# DEPRESSION

/Dɪˈprɛs(ə)n/



You don't have to suffer in silence.  
Help is available.

# Common signs and symptoms of depression

- 1 Sleep disturbances
- 2 Significant appetite and weight changes
- 3 Persistent feelings of sadness
- 4 Concentration difficulties
- 5 Loss of interest
- 6 Feelings of guilt or shame
- 7 Low energy or fatigue
- 8 Suicidal thoughts

If you have been experiencing some of these signs and symptoms, do consider **approaching a mental health professional** to have an assessment done.

If left untreated, depression symptoms are likely to worsen. **It's okay to ask for help.**

If you need a **safe and private space** to talk with someone about your goals and concerns, NUS has these options available:

**Students:** University Counselling Services

**Staff (internal support):** Health and Wellbeing Check-in Session

**Staff (external support):** NUS Heart

# Self-care tips

## Based on the 7 PitStop Principles

### Personal Skills

Consider setting aside some time to focus on developing your skills through the act of practising mindfulness, setting priorities, adopting a positive mindset, and even appreciating your strengths.

### Purpose

Research has shown that giving and volunteering provide people a sense of purpose and satisfaction. Do not hesitate to support others in need.

### Interaction

It is important to stay connected with family and friends, be open to share your concerns, and support your friends in times of need.

### Timeout

Find time for yourself to take breaks and recharge yourself.

### On the move

Try to exercise for at least 20-minutes, three times a week.

### Thoughtful Eating

Try to select healthier food choices, drinking at least 2 litres of water daily, and minimising sugar, trans-fats, and processed foods.

### Sleep

Try to get 7-8 hours of sleep every night.

