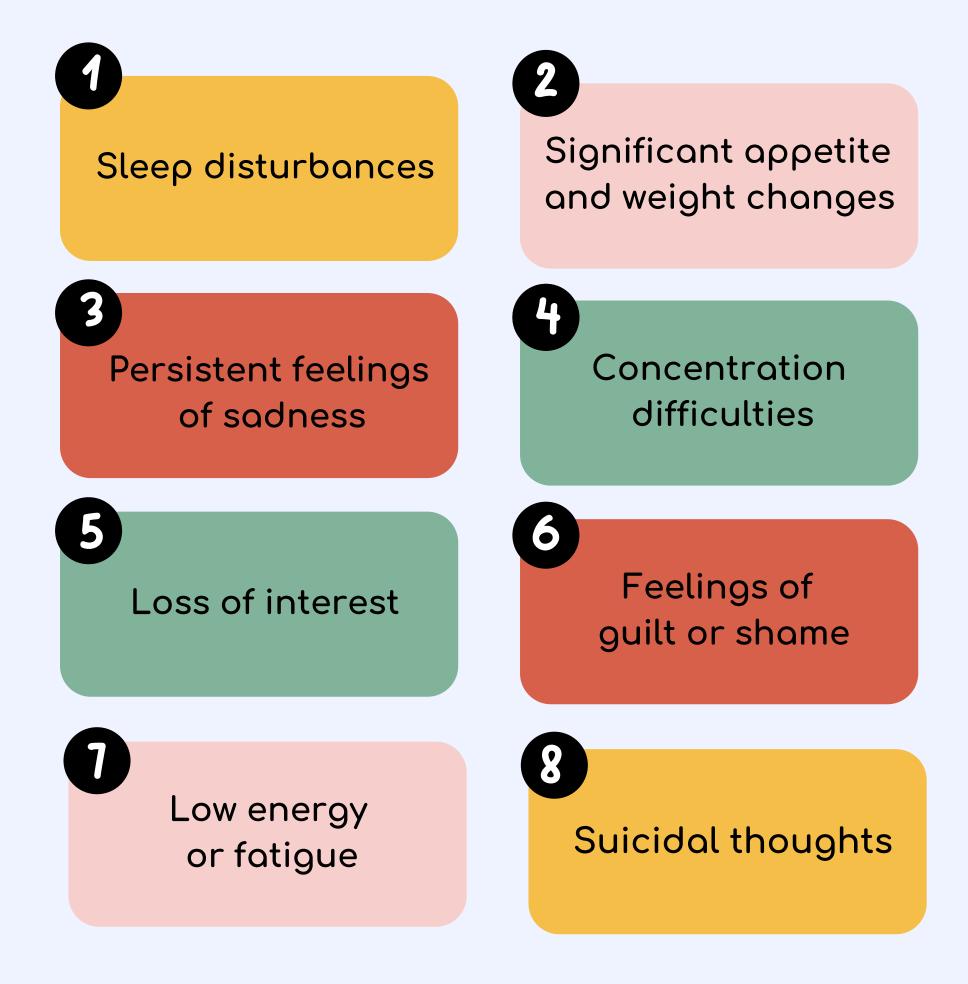
### DEPRESSION

/Di'PRεΣ(Ə)N/



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

# Common signs and symptoms of depression



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: <u>University Counselling Services</u>

Staff (internal support): <u>Health and Wellbeing Check-in Session</u>

Staff (external support): <u>NUS Heart</u>

# 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.



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.