

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.

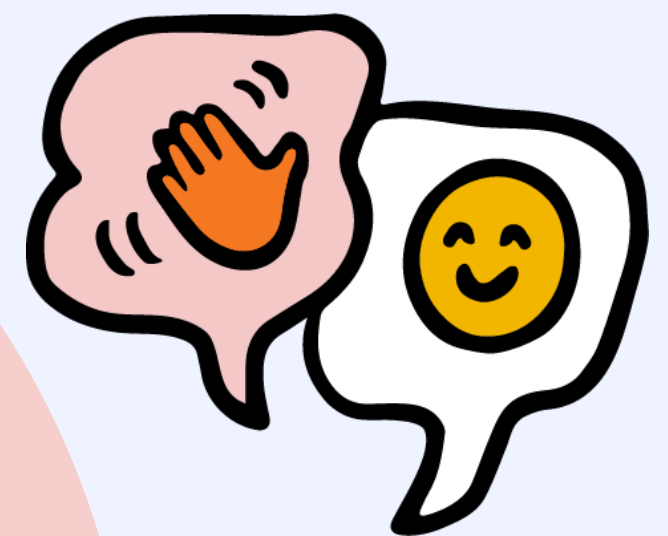
Purpose

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.



On the move

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



Timeout

Find time for yourself to take breaks and recharge yourself.

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.