

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

EVENT REMINDER:

wellnessFAIR

It's all about HEART

Learn about wellness opportunities on campus.

Thursday, Feb. 15
10 a.m. to 2 p.m., Main Street

DEPRESSION

(Source: Diagnostic and Statistical Manual of Mental Disorders-IV)

There is a difference between feeling "depressed" and being diagnosed with clinical depression. It's quite normal to feel depressed in response to situations or events that happen around you. Clinical depression occurs on a less frequent basis and will not affect everyone. However, if you have experienced five or more of the following symptoms in the last few weeks, and if these symptoms are a change from your usual habits, you should consult with a counsellor:

- ✦ Feeling depressed (e.g. feeling sad or empty, crying easily) for most of the day, nearly every day
- ✦ Reduced interest in activities you used to enjoy
- ✦ Significant weight loss when not dieting, weight gain or substantial change in appetite
- ✦ Sleeping a lot or experiencing insomnia
- ✦ Physical agitation or feelings of sluggishness
- ✦ Fatigue or loss of energy nearly every day
- ✦ Feelings of worthlessness or guilt nearly everyday
- ✦ Diminished ability to think or concentrate
- ✦ Recurrent thoughts of death and/or thoughts/plans of suicide

mentalHEALTHtips

(Source: www.bghealth.org/mental_health_tips.htm)

- 1 Value yourself. Treat yourself with respect and avoid self-criticism. Make time for your hobbies and favourite projects or try something new. Read a novel, go out for coffee, take dance lessons, learn to play an instrument or explore another language.
- 2 Take care of your body. Taking care of yourself physically can improve your mental health. Eat nutritious meals, drink plenty of water, get enough sleep and exercise. In fact, exercise has been shown to help decrease depression and anxiety, as well as improve mood.
- 3 Surround yourself with good people. Individuals with strong family or social connections are generally healthier than those who lack a supportive network. Make plans with supportive family members and friends, or seek out activities such as joining a club, class or support group where you can meet new people.
- 4 Give of yourself. Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need. As well, it's a great way to meet new people.
- 5 Learn how to deal with stress. As a stress-reducer, try Tai Chi, exercising, a nature walk, playing with your pet or writing in a journal. Also, remember to smile and see the humour in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.
- 6 Quiet your mind. Try meditating or reaching out spiritually through prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. Research shows that meditation may help you feel calm and enhance the effects of therapy. Call the chaplaincy office (440-8904) or visit the Meditation Centre (W201).
- 7 Break up the monotony. A little change of pace can help perk up a tedious schedule. Alter your jogging route, plan a road trip, take a walk in a different park, hang some new pictures or try a new restaurant.
- 8 Get help when you need it. Seeking help is a sign of strength, not a weakness. It is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and lead full, productive lives. Contact Student Counselling Services (440-6362) or Health Services (440-6326) for more information.

