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## Self-care Strategies

- Proper nutrition
- Adequate sleep
- Regular exercise
- Accepting compliments with gratitude and appreciation
- Doubt and dispute demeaning or disrespectful things you think or say about yourself
- When fatigue or disinterest blocks you from a task, going ahead and doing it can help lift the fatigue or disinterest
- Talking to one you trust might lead to insights and answers
- Reading self-help books (Examples listed below)

Burns, D. (1980). Feeling good: The new mood therapy. New York: Signet.

Ellis, A. & Harper, R. (1975). A new guide to rational living. Englewood Cliffs, NJ: Prentice-Hall.



## Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

### **Pat Walker Health Center University Health Services**

525 N. Garland Avenue  
Fayetteville, AR 72701

(479) 575-4451  
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Website: [health.uark.edu](http://health.uark.edu)



Accredited by  
**Accreditation Association  
for Ambulatory Health Care**

*A Member of  
the Division of Student Affairs*

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# DEPRESSION



## Counseling and Psychological Services

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525 N. Garland Avenue  
Fayetteville, AR 72701

(479) 575-5276  
TTY (479) 575-4124

Website: [health.uark.edu/CAPS](http://health.uark.edu/CAPS)  
Accredited by  
**International Association of  
Counseling Services**



According to the National Institute of Mental Health, each year 9.5% of Americans 18 years of age and older will experience a depressive disorder.

Depression affects women about twice as often as men but men are less likely to admit to depression. Among the clients at Counseling & Psychological Services (CAPS), depression is the second most common complaint.



### Symptoms of Depression

- Loss of interest, pleasure, motivation, or inspiration
- Feelings of profound sadness
- Inappropriate guilt or shame
- Change in appetite, eating, or weight
- Change in sleep
- Fatigue or loss of energy
- Difficulty concentration or making decisions
- Frequent thoughts of death, dying, or suicide
- Low self-worth
- Feelings of helplessness and hopelessness
- Irritability
- Moving slower or faster than usual
- Thinking slower or faster than usual
- Withdrawing from friends and family

If you experience more than four of the symptoms on most days for more than two weeks or have thoughts of harming yourself or others, please consult a mental health professional.

The impact of depression can be felt in every aspect of a person's life: intellectual, physical, social, moral, emotional, and vocational.

### Impact of Depression

Intellectual Impact:

- ❖ Decreased concentration can impair one's ability to study, learn and remember
- ❖ Loss of motivation can lead to increased absenteeism from class.

Physical Impact:

- ❖ Fatigue and changes in sleep can cause inactivity.
- ❖ Appetite changes can result in weight gain or loss
- ❖ Immune system can be impaired.

Social Impact:

- ❖ Feelings of worthlessness and fatigue often cause one to isolate from friends/family.
- ❖ Feelings of not being understood can cause problems in relationship.
- ❖ Isolation in turn increases feelings of depression.

Emotional Impact:

- ❖ Feeling emotionally drained.
- ❖ Losing motivation for once pleasurable activities.



Moral Impact:

- ❖ Viewing depression as a sign of weakness, laziness, or lack of character can lead to seeing oneself as worthless.
- ❖ Lack of motivation may interfere with spiritual practices and may bring on more feelings of shame and guilt.

Vocational Impact:

- ❖ Absenteeism on the job
- ❖ Lower productivity
- ❖ Risk of loss of employment

### Treatment

The good news is the majority of people who have depression can be successfully treated with counseling and, if needed, antidepressant medication.

Counseling & Psychological Services (CAPS) is available for consultation without an appointment. Call 575-5276 for days and times.

