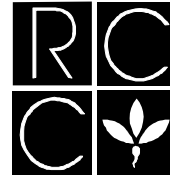


**RICHLAND COMMUNITY COLLEGE  
TEACHING AND LEARNING SUPPORT  
SERVICES**



**DEPRESSION**

**WHAT IS MAJOR DEPRESSION?**

The individual experiences 5 or more of the following on a daily basis:

1. Depressed mood most of the day, nearly every day.
2. Decreased interest in almost all previously enjoyed activities.
3. Major change in sleep pattern. (can't go to sleep, can't stay asleep, and wake early)
4. Feelings of worthlessness and uselessness.
5. No energy, exhausted, can't get out of bed.
6. Can't concentrate.
7. Thoughts of death or suicide.
8. Sad, anxious, angry.

**HOW DOES DEPRESSION AFFECT MY LEARNING?**

Problem areas may include the following:

- Absences, tardiness
- Late assignments
- Difficulty with organizational skills
- Study skills difficult to practice
- Memory difficulties
- Listening to lectures difficult
- Difficulty with concentration on tasks

**WHAT CAN I DO TO HELP MYSELF?**

- Learn to identify changes in your usual behavior.
- Seek help of professional for diagnosis and treatment.
- Understand how to cope with depression.
- Make a contract with a friend or family member for being on time and attending each class.
- Tape lectures to listen to after class.
- Keep a notebook/planner of assignments given and due dates.
- Take notes on items you need to review, study and remember.
- Get a study partner in each class.
- If you are on medication, take as prescribed.
- Eat balanced meals.
- Plan for 8 hours of sleep.

### **WHAT CAN I DO TO HELP MYSELF? (cont)**

Make to-do lists and mark off each item completed.

Do physical activities—sports, walk, yoga, dance, garden.

Include quiet activities such as reading, listening to music, writing.

Talk to counselor; attend support groups.

Change self-talk; change “I can’t” to “I can.”

Be good to yourself.

Force yourself to do necessary activities—get up, go to work, do assignments.

Break down a task into smaller steps.

Do volunteer work.

Evaluate life style; identify sources of stress; develop a plan to deal with these.

Evaluate your self-esteem; if it’s low, identify why and then what you can do about it.

### **HELPFUL RESOURCES:**

from *How the Special Needs Brain Learns* by David A. Sousa: “Research clearly demonstrates that antidepressant medications, especially when combined with psychotherapy, can be very effective treatments for depressive disorders in adults.”

from *Help Yourself* by Dave Pelzer: “Settle your problems as promptly and as thoroughly as you are able.”

Let go of a past you cannot change.

In the midst of fighting life’s battles, relax.

Vent your frustrations in a controlled yet cleansing manner.

Have the courage to purify yourself of whatever may be holding you back.

Holding a grudge is one of the most self-destructive things you can do. If you want to have a happy life, you have to move on and let go.

Take the time and energy to truly invest in your most important asset: “yourself.”

Websites:

[www.well-connected.com](http://www.well-connected.com)

[www.nimh.nih.gov/](http://www.nimh.nih.gov/)

[www.ndmda.org](http://www.ndmda.org)

[www.nami.org](http://www.nami.org)

[www.nimh.nih.gov/pubcat/depression.cfm](http://www.nimh.nih.gov/pubcat/depression.cfm)

### **AVAILABLE IN THE RESOURCE ROOM:**

*The Depression Workbook*

*The Anxiety and Phobia Workbook*

*How the Special Needs Brain Learns*

*Help Yourself* by Dave Pelzer

*On Course* by Dave Downing

Counseling in Retention Services – 875-7200, ext. 267

Learning Accommodation Services

Medical therapy – referral

<p style="text-align: center;"><b>For additional help, contact the Learning Accommodation Services ext 362 or 379.</b></p>
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