



soteria
CONSULTING

DEPRESSION

Studies show that one in five people will be affected by depression in their life. Many people encounter challenges or loss that leaves them feeling low, stuck or even a general disinterest in day to day activities. Lack of sleep, changes in weight and feelings of guilt or worthlessness can also be attributed to depression. But you should not feel helpless.

WHAT YOU CAN DO ABOUT IT

A counsellor and/or doctor can help you work through your feelings and thoughts. Medicine and therapy can be complimentary in helping you identify the feelings that cause your low mood. Additionally, here are some quick tips that can help you when struggling with depression:

A Good Night's Sleep

Going to sleep and waking up at the same time every day helps your body create a healthy pattern.

Feel the Sun

Head out and feel sunlight on your body, just don't expose your skin to the sun excessively.

Eat well

Having a balanced diet is important both physically and mentally. Avoid too much 'junk' food.

Healthy Lifestyle

A healthy body can lead to a healthy mind. Walking just 30 minutes a day can be beneficial. Start with 10 minute walks and gradually increase.

DEPRESSION AND STUDIES

Finding the motivation to study when you are feeling depressed can be challenging. Your ability to think clearly and critically becomes more difficult when you are feeling depressed. This is also a reason why your sleeping patterns are important, as a lack of sleep can cause you to miss classes and not find the time to study efficiently. A professional counsellor can assist you in coming up with logical and manageable ways to maintain a healthy lifestyle.

Please feel free to make further enquires;

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