

# South Calcutta Girls' College

▶ **Counselling Cell**  
**Ways to Fight with Depression**  
**- Count your blessings not your problems**

# Depressive Emotions

- Hopeless outlook
- Increased fatigue and sleep
- Lost interest
- Changes in appetite
- Out burst anger



# Know your depressive state

1. Able to go work and fulfill responsibilities, but inside are still fighting symptoms
  2. Can still fulfill works , but this can be very challenging and get drained much more easily
  3. Struggle to do the “simple things”, can’t fake a smile very severe symptoms
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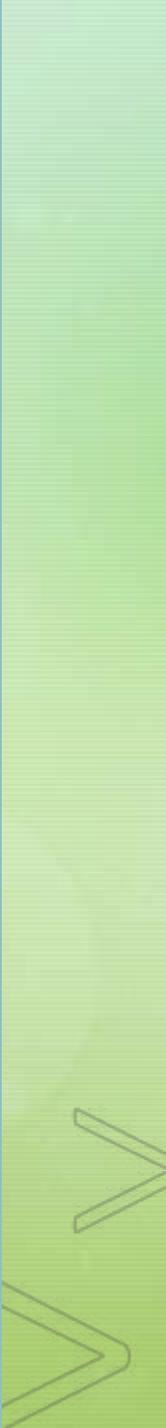


## Let us accept some facts

- Your ability to complete daily work is affected.
- Your energy levels then and now are different
- Your fears and negative thoughts are all in your head



# Ways to Stay motivated

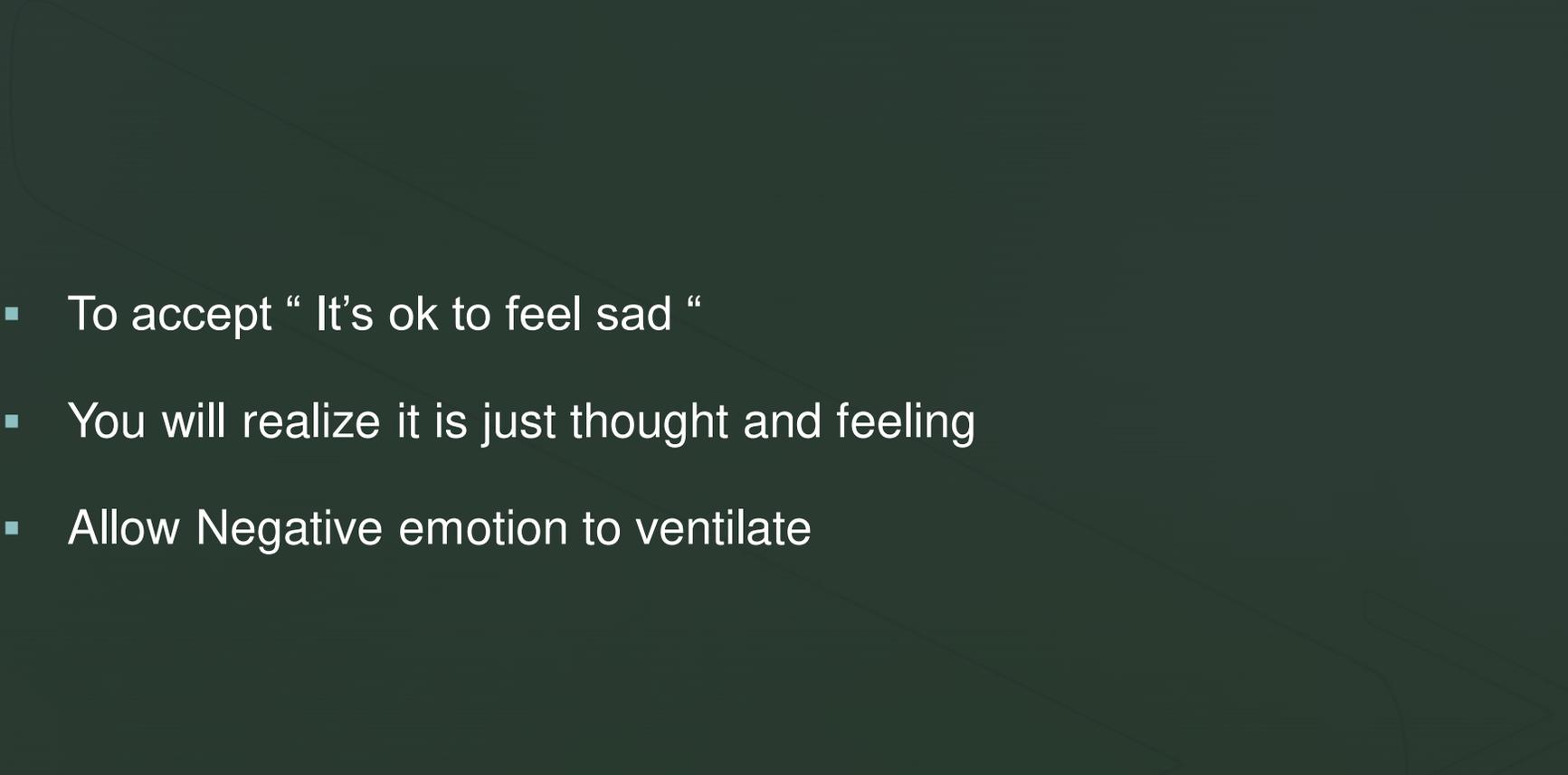
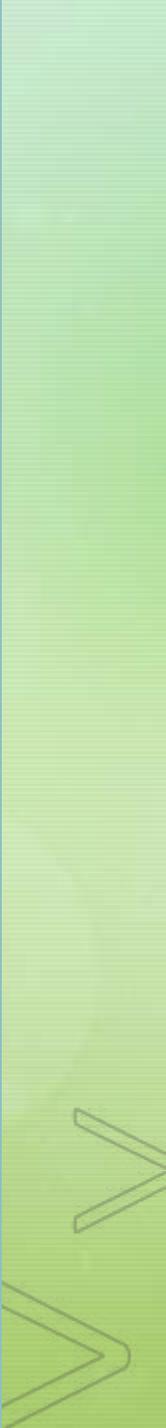
- Talk to someone you feel comfortable with
  - Accept your feeling
  - Do activities you like
  - Observe results
  - Important things to take care of
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## Talk to someone you feel comfortable with

- When you are comfortable with someone, this means you are calm / relax enough with that person.
- You may receive positive vibes from that person.
- You have an emotional connection with that person .



# Accept your Feeling

- To accept “ It’s ok to feel sad “
  - You will realize it is just thought and feeling
  - Allow Negative emotion to ventilate
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## Do activities you like

- You may engage in some activities that you love to do
- You may listen instrumental music
- You may watch motivational video
- You may do yoga

# Activities result

- It's gives you positive vibes
- This may help you to increase concentration Level
- You may have better sleep
- You may feel more confident



## Important things to take care of

- To maintain proper food habit
- Continue with everyday work schedule
- Stick to a routine
- Stay away from negative comments

▶ If said support are not enough

- You may required counselling help.



- Thank You.

