

South Calcutta Girls' College

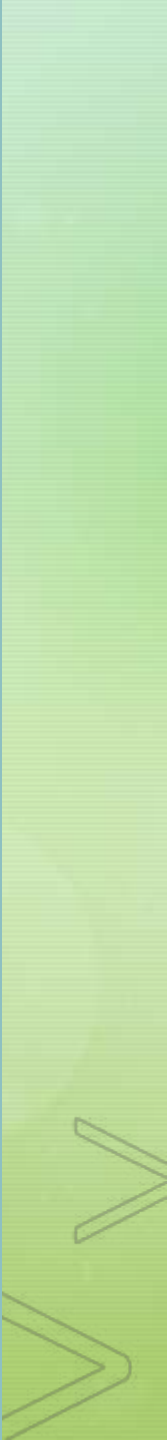
▶ **Counselling Cell**
Ways to Fight with Depression
- Count your blessings not your problems

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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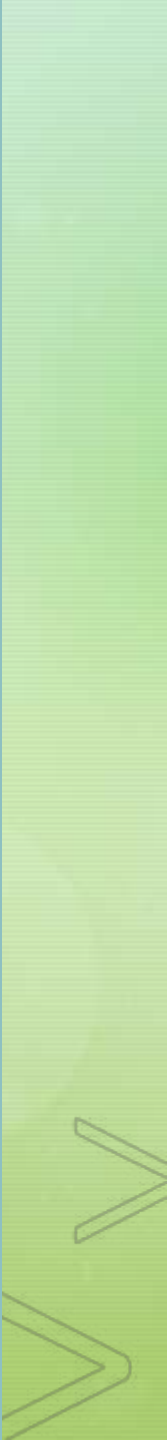


Let us accept some facts

- 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


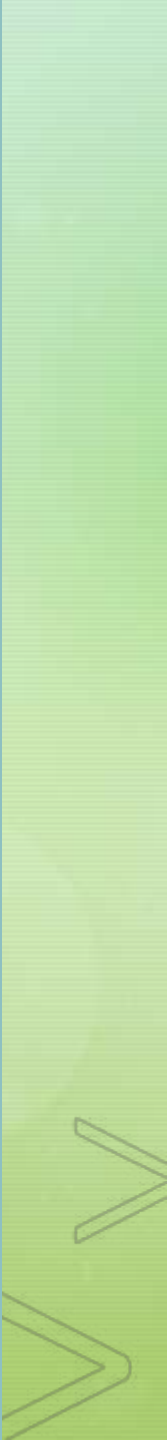



- Talk to someone you feel comfortable with
 - Accept your feeling
 - Do activities you like
 - Observe results
 - Important things to take care of
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Talk to someone you feel comfortable with

- 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.

