DEPRESSION AND ANXIETY

The COVID-19 pandemic may be bringing up unexpected thoughts, feelings, and emotions. It is natural to feel a sense of loss, sadness, uncertainty or worry in response to this global pandemic. However, experiencing feelings of sadness, worthlessness, excessive guilt, restlessness, loss of energy or appetite, and or a disinterest in activities that you normally enjoy beyond two weeks may be an indication of major depression.

Excessive anxiety and worry that you find difficult to control and occurring beyond six months with restlessness, irritability, muscle tension, difficulty concentrating and a change in your sleep pattern such as difficulty falling or staying asleep may be signs of an anxiety disorder.

If you are experiencing signs of major depression or an anxiety disorder we encourage you to reach out to CSU Counseling services or a mental health provider in your area.

SIX WAYS TO MANAGE DEPRESSION AND ANXIETY

- Meditation and Mindfulness – utilize apps such as #Selfcare, #Mindful, or Headspace.
- Daily positive affirmations - a simple google search of positive memes can provide inspiration, motivation and a change in perspective.
- Limit the time you spend watching the news. Check in with what is happening every so often – then disengage to give your nervous system time to relax.
- Sunshine – Being outside improves your mood and decreases cortisol (stress hormone).
- Stay connected – engage with the family and friends that you are close to and feel safe with.
- Keeping a routine can combat feelings of uncertainty. Sleeping, eating, doing chores, and safely socializing in a consistent daily pattern provides some predictability.

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