

The Struggle Is Real

Week 4: **Depression Busting Behavior**
Presented by CSUEB Counseling Services



Credit: Cosmas from Pixabay

Introductions:

Share your name, pronouns, year @ CSUEB, major &
Identify 1 thing you did for self care this week



A Few Zoom Guidelines

- Please mute your audio while others are talking and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs

Self-Care Checklist

Do I...

- Get at least 7-8 hours of sleep daily?
- Find time for relaxation?
- Reach out for support when needed?
- Make time to connect with others?
- Do I meditate or practice deep breathing when feeling anxious, angry, or stressed?
- Nourish my body with three meals/day?
- Drink enough water?
- Take time to acknowledge my feelings?
- Take time for gratitude?
- Take productive breaks while I am studying?



Basic Self-Care

One way we can make ourselves less vulnerable to extreme moods is by making sure we have solid routines of basic self-care. Although it can look different from person to person, it is important to:



- Attend to your own nutritional needs
- Get good sleep
- Practice physical activity

These are the foundation of basic physical and mental health.



Research shows...



Nutrition

When experiencing depression, many people notice:

- Changes to their appetites
- Individuals experiencing depression often have deficiencies in vitamins and minerals that are linked to mood.
- Focus on staying hydrated, eating meals regularly, and work towards a balanced diet.

You can ask a medical doctor or work with a Registered Dietician for personal tips on managing your nutrition.

Sleep

- 7-8 hours of sleep consistently in order to be well-rested and perform optimally.
- While we sleep, our brain is hard at work forming pathways for learning + consolidating information
- Helps regulate our mood and weight.
- Deprivation will impact your mood, energy, grades, ability to focus, + ability to concentrate in school work

Exercise

- Exercise releases endorphins, which are powerful chemicals in your brain that can improve mood, energy levels, and concentration.
- Over time, consistent exercise promotes long- term changes in the brain, resulting in improved memory, coping, cognitive functioning, mood, and self-esteem.



Sleep & Exercise Tips



Sleep:

- Get regular
- Get up and try again
- Bed is for sleeping
- Electronics curfew
- No naps
- Sleep rituals
- No clock-watching
- The right space
- Keep daytime routine the same
- Avoid caffeine, nicotine and alcohol

*Which tip will you
try this week?*

*Any tips you find
helpful?*

Exercise:

- Find an enjoyable activity
- Start small
- Get outside
- Schedule it in
- Mix it up
- Team up
- Minimize equipment
- Follow your energy
- Set goals

Unhelpful Behaviors for Depression

- Get up at different times every morning
- Go to bed at different times every night
- Miss class
- Don't do a homework assignment
- Wait until the last minute to get something done
- Stop washing your hair
- Stop brushing your teeth
- Skip a test
- Stop going to team or club meeting
- Ignore or decline invites to hang out
- Skip a meal
- Overeat, or eat lots of junk food
- Binge drink
- Smoke cigarettes
- Stop talking to or avoid your friends
- Stop talking to or avoid your family
- Don't seek help when you are struggling
- Stay inside all the time
- Play video games for hours
- Constantly monitor social media
- Stay in your bed
- Stay in your room
- Stop talking to your roommate
- Stop completing tasks
- Stop going to work
- Stop exercising
- Watch a lot of television shows and movies
- Only eat one meal a day
- Argue with other people
- Stop doing your hobbies
- Only focus on the negative
- Complain a lot
- Use recreational drugs or alcohol
- Sleep all day

Which of these stand out to you? How have these impacted your own depression?

Depression Busting Behaviors

Here are a few more ideas of activities that can start to break the cycle of depression. These do not have to be huge commitments; focus on small, baby steps. Choose activities that are doable for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

Socialize

- Watch a movie with a friend
- Attend a sporting event
- Study in a public area, such as the library or a park
- Attend a counseling group or campus workshop
- Plan a meal with friends or family
- Take an online fitness class

Mastery Activities

- Do laundry
- Return a phone call
- Write that email to your professor
- Read a chapter or page of your assignment
- Take out the trash



Pleasant Activities

- Take a walk outside
- Play with a pet
- Fix or tinker with something
- Do something creative - write a poem, play music, draw, paint . . .
- Read for fun
- Listen to music/ podcast



Self Care Plan (click [link](#))

MIND

BODY

SPIRIT

SUPPORTIVE PEOPLE IN MY LIFE

I WANT TO ACCOMPLISH



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Tree Grounding Meditation



Additional Resources

- **CBT apps:** Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing
@pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**



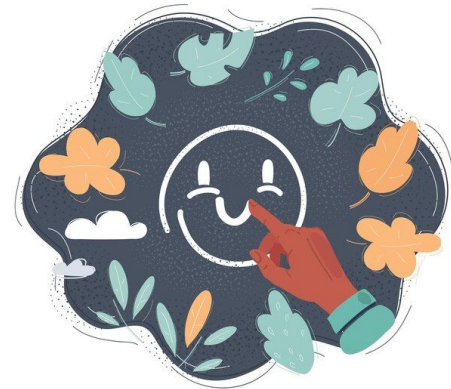
Check Out

Think about what skills you might want to practice from home this week:

- **Practice** your Sleep or Exercise Tip
- **Check in with yourself** on your self care practices regularly
- **Fill out** your self care plan

See you again next week!

YOU
Got this



Thank you



for your time!