



# Counseling Services

Northwestern Oklahoma State University

# Resilient

# Rangers

# NWOSU

# COUNSELLING

# *Depression*

Disclaimer- This workbook is for general information purposes ONLY. The content in this workbook is not intended to be a substitute for professional medical or mental health advice, diagnosis, or treatment. Should you have any mental health or medical questions or concerns please consult with a mental health professional or health care professional before making any decision regarding treatment. If you are suffering a mental health crisis or other medical emergency, contact 911.



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### WHAT IS DEPRESSION?

Everyone feels sad or low sometimes, but these feelings usually pass with a little time. Depression—also called “clinical depression” or a “depressive disorder”—is a mood disorder that causes distressing symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, symptoms must be present most of the day, nearly every day for at least 2 weeks.

## Depression Signs & Symptoms

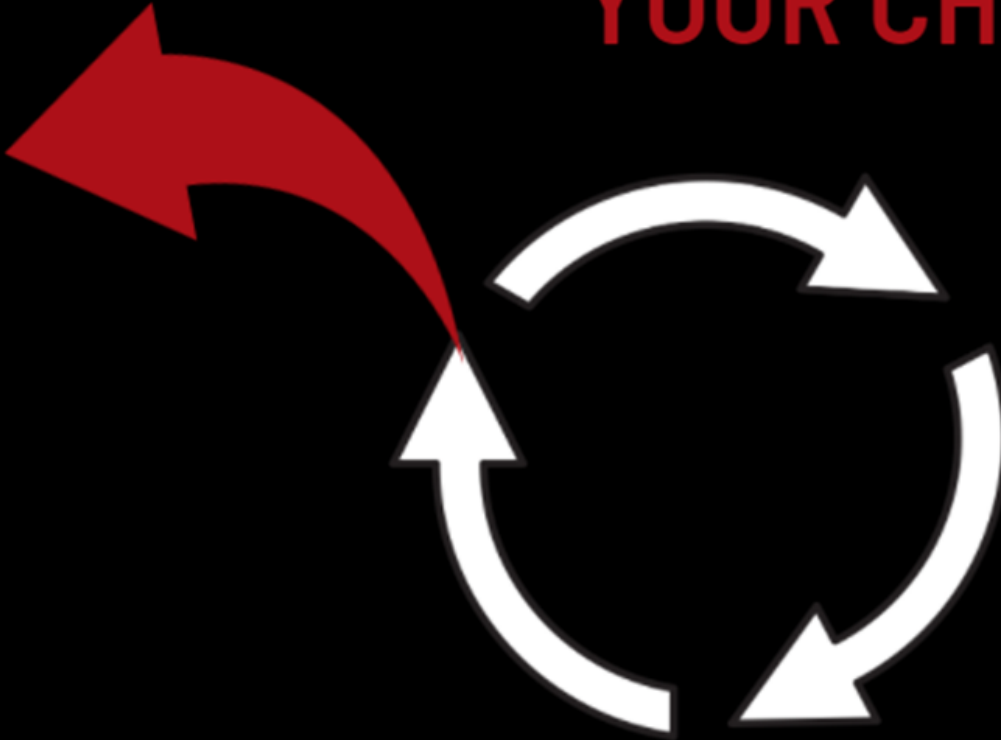
- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies or activities
- Decreased energy, fatigue, or being “slowed down”
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide or suicide attempts
- Restlessness or irritability
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment



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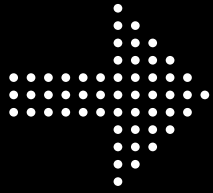


**YOUR CHOICE!**



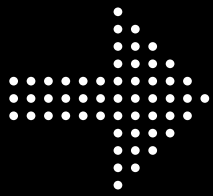
**You have the choice to break the  
cycle of depression!**

# TREATMENT OPTIONS



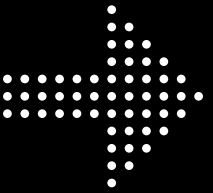
## PSYCHOTHERAPY

"Psychotherapy helps by teaching new ways of thinking and behaving, and changing habits that may be contributing to depression. Therapy can help you understand and work through difficult relationships or situations that may be causing your depression or making it worse."



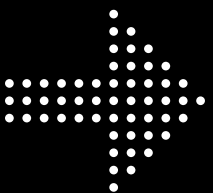
## MEDICATIONS

"Medications called antidepressants can work well to treat depression. They can take 2 to 4 weeks to work. Antidepressants can have side effects, but many side effects may lessen over time. Talk to your health care provider about any side effects that you have. Do not stop taking your antidepressant without first talking to your health care provider."



## BRAIN STIMULATION THERAPIES

"Electroconvulsive therapy (ECT) and other brain stimulation therapies may be an option for people with severe depression who do not respond to antidepressant medications. ECT is the best studied brain stimulation therapy and has the longest history of use. Other stimulation therapies discussed here are newer, and in some cases still experimental methods."

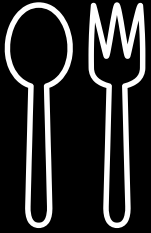


## BEYOND TREATMENT: THINGS YOU CAN DO

- **Movement-Exercise**
- **Set Goals- Relistic**
- **Educate Self About Depression**
- **Avoid self-medication with alcohol or with drugs not prescribed to you**
- **Spending time with other people and confide in a trusted friend or relative**
- **Break up large tasks into small ones, set priorities, and do what you can as you can**



# TIPS TO BOOST WELL-BEING



## NUTRITION

CHECK NUTRITION LABELS, PORTION SIZES, PLAN MEALS, HEALTHY SUBSTITUTIONS, STAY HYDRATED, REDUCE SALT INTAKE



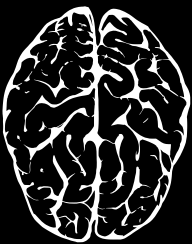
## TIME-MANAGEMENT

PRIORITIZE TASKS, IDENTIFY PRODUCTIVE TIMES, BREAK DOWN TASKS INTO SMALLER, PLAN AHEAD, DAILY ROUTINE



## MOVEMENT

WALK, BIKE, HIKE, SWIM, HIIT WORKOUT, DANCE, GARDEN, RUN, LIFT WEIGHTS, STRETCH, BALANCE EXERCISES



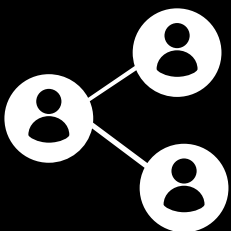
## MINDFULNESS

MEDITATION, MINDFUL MOVEMENT, GRATITUDE, JOURNAL, TIME IN NATURE, MINDFUL EATING, YOGA, FOCUS ON YOUR FIVE SENSES



## SLEEP

CONSISTENT SLEEP SCHEDULE, 7 - 8 HOURS EACH NIGHT, TURN OFF SOCIAL MEDIA NOTIFICATIONS ON PHONE, AVOID CAFFEINE & HEAVY MEALS IN THE EVENING



## SOCIAL

JOIN CLUBS, VOLUNTEER, FITNESS CLASSES, CHURCH, STUDENT EVENTS, INTRAMURALS, COMMUNITY EVENTS

# MOBILE APPS

# DEPRESSION

FREE WITH IN-APP PURCHASES



Stop, Breathe &  
Think



Happify



Calm



MindDoc



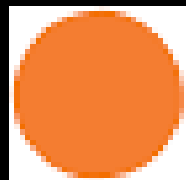
Sanvello



My Mental  
Health Crisis  
Plan



What's Up



Headspace



MoodKit



## Self-Help Techniques For Depression



**VISUALIZATION**



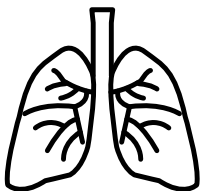
**THOUGHT STOPPING**



**GRATITUDE**



**CHALLENGE NEGATIVE THOUGHTS**



**BREATHING TECHNIQUES**



**JOURNALING**





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# *Visualization*



**Think of a place that you enjoy!  
Imagine all of the details of what you see,  
feel, smell, taste, and hear.**



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**1. ACKNOWLEDGE NEGATIVE THOUGHT**

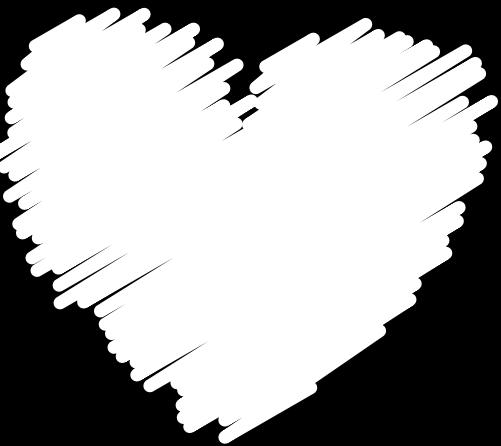
**2. VERBALLY INTERRUPT THOUGHT BY SAYING "STOP"**



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# *Gratitude*



**What are 3 things that you are grateful for  
that happened today?**



# *I am Thankful For*

**I AM THANKFUL FOR**

**BECAUSE...**

**I AM THANKFUL FOR**

**BECAUSE...**

**I AM THANKFUL FOR**

**BECAUSE...**

# CHALLENGE NEGATIVE

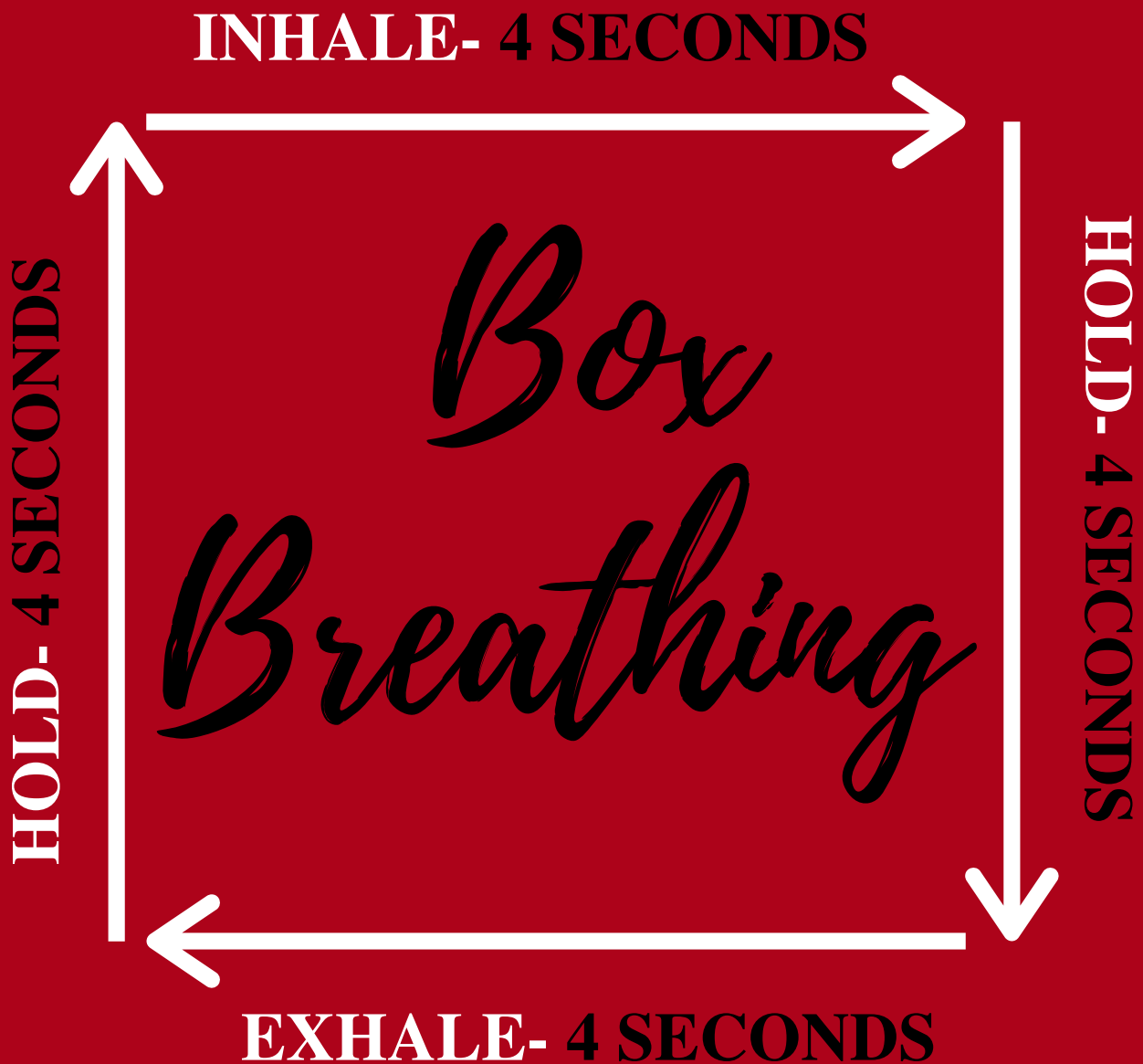
# Thoughts

## ASK YOURSELF

- What would I tell a friend if they had this thought?
- Is this thought helpful to me?
- What could I do in the moment that would be more helpful?
- What is the probability that this thought will happen?
- What is the evidence that my thoughts are true?
- What might be a more helpful way of thinking about this situation?
- Am I thinking of the whole picture?
- What have I done in the past that was successful to challenge a negative thought?



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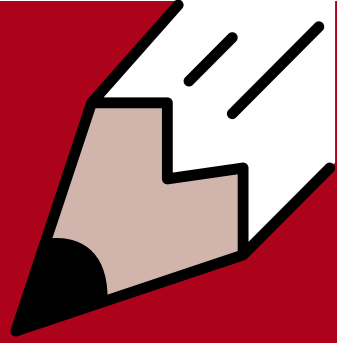


**TRACE YOUR  
HAND**

**BREATHE IN  
BREATHE OUT**



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# *Journaling*

**Take time to write out your  
thoughts & feelings!**





# Grounding Exercises



FIND A WORD IN THE ROOM SAY EACH LETTER STARTING FROM RIGHT TO LEFT

THINK OF A COMMON TASK...  
DESCRIBE EACH DETAIL STEP BY STEP

PICK AN OBJECT...  
VISUALLY TRACE IT

PICK A SHAPE...  
FIND 5 OBJECTS IN THE ROOM THAT ARE THAT SHAPE

COUNT DOWN BY A NUMBER FROM 100

PICK UP AN OBJECT..  
EXPLAIN IN DETAIL...  
TEXTURES, COLORS,  
WEIGHT, TEMPERATURE,  
SOUNDS



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**What healthy activity do you think your future self would be thankful you did?**

On a scale from 1 - 10 with 10 being the worst

**Rate Mood BEFORE**

1 2 3 4 5 6 7 8 9 10

**Rate Mood AFTER**

1 2 3 4 5 6 7 8 9 10

**WHAT ARE YOUR THOUGHTS AFTER YOU COMPLETED THE ACTIVITY?**

# NWOSU Counseling

[Click on title to access each link!](#)

## CRISIS RESOURCES

**LIFE THREATENING EMERGENCY- CALL 911**

### CRISIS TEXT LINE

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support

**Text HOME to 741741**

### NATIONAL SUICIDE PREVENTION LIFELINE

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.

**800-273-8255**

## ON-CAMPUS RESOURCES

### COUNSELING SERVICES

Free counseling services for all enrolled NWOSU students. To schedule an appointment please click the link!

## OFF-CAMPUS RESOURCES

### COMMUNITY MENTAL HEALTH SERVICES

## ONLINE TRAINING PROGRAMS

### ALCOHOL ECHECKUP

Free online training provides accurate and personalized feedback about drinking and risk patterns.

### CANNABIS ECHECKUP

Free online training provides accurate and personalized feedback about cannabis and risk patterns.

### KOGNITO

A free online interactive training that includes techniques on how to talk to someone you are concerned about, how to recognize signs of distress, and what support services are available on-campus.

### NARCAN

Free online video that will provide information on how to administer Narcan in response to an opioid overdose.

### TITLE IX ECHECKUP

Free online training provides information about dating violence, sexual assault, stalking, and domestic violence.

### ULIFELINE

Free online resource center, provides information regarding mental health. Complete a free self-assessment to learn insight about self.