

## FEELING BLUE?

Everyone feels down in the dumps now and then. To combat the blues, try these tips:

- Identify negative and self-critical thoughts. Work to stop them and replace them with positive or neutral thoughts.
- Identify distorted thinking and form a more accurate/rational response.
- Talk about your feelings and difficult situations that might be involved.
- Let off emotional steam safely.
- Avoid alcohol - it's a depressant. Avoid other substances - they only mask the feelings for a little while.
- Broaden your perspective - get off campus for a while.
- Counteract a tendency to withdraw - get yourself out there.
- Remember NERF - good Nutrition, regular Exercise, adequate Rest, Fun activities.

If your blues last longer than two weeks or interfere with your daily functioning, you might be experiencing depression. Make an appointment with a mental health professional as soon as possible.