DEPRESSION AMONG STUDENTS- HOW DO YOU COPE WITH IT?

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Depression is a word every one throws around so easily nowadays. It is always used to describe anything from bad day to inability to live a normal life. But for those who are suffering from it, depression is much more than any word any one can describe.

Are you suffering from depression? Are you feeling down, anxious and emotionally scarred? You know it is just a fear and sadness of unfulfilled tasks, and expectations. Struggling to survive, you feel the lack of energy to step any further, and a deep sadness and regret overrules. You may not realize it at first, but it slowly takes over your life, creeping up and building up over time. You may not be aware why it happened, because it slowly and quietly sneaks up on them. Then out of the blue, that black cloud of depression is completely overhead.

For students who deals with depression, there is a need to accept that depression is a part of your life now. Do not keep pretending to be okay. Instead, give yourself the time needed to get through this. But it takes time. Think that there is no instant cure for depression. Always think that as slowly as it developed, it can also slowly get better. Keep assuming a better future ahead of you.

Although it may seem hard and impossible for you, you need to get help from others. Be it your doctor, your friends and relative or anyone close to you. They are the ones who are always out there, trying to urge you to get out of your situation. A little or big help from them can do a lot. Sometimes there is a resistance or doubt on your part, but more often, allowing them to help you can make a difference.
Finally, Hope. Think that lots of people also have been through depression. Hope is one of those things that can make you stronger and ready to face life in a positive way. So I hope you can find HOPE in yourself.

References:

Jannah Walshe  
Accredited member of Irish Association of Counseling and Psychotherapy