

SCHOOL PSYCHOLOGIST NEWSLETTER

Leumeah High School | Issue 3: Week 3, Term 2

DEPRESSION

Everyone can experience sadness and feel low from time to time. However, for some people, these feelings are more intense and last for long periods of time. It can interfere with their everyday lives and can make it hard to cope.

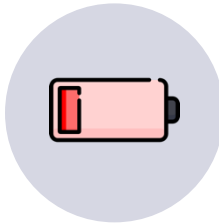
Symptoms



Sleep problems



Feeling irritable and
angry



Having no energy /
Feeling tired all the time



Changes in appetite



Feelings of sadness,
emptiness and
worthlessness



Isolating and withdrawal
from family and friends



Difficulties concentrating,
poor memory and
indecisiveness



Thoughts of death



We know that this may be an anxious time for some of you. Even though you may not be at school, you can still access the School Psychologists! You can make a referral by using the link below:

<https://forms.gle/137haHcTtqM862kQ9>

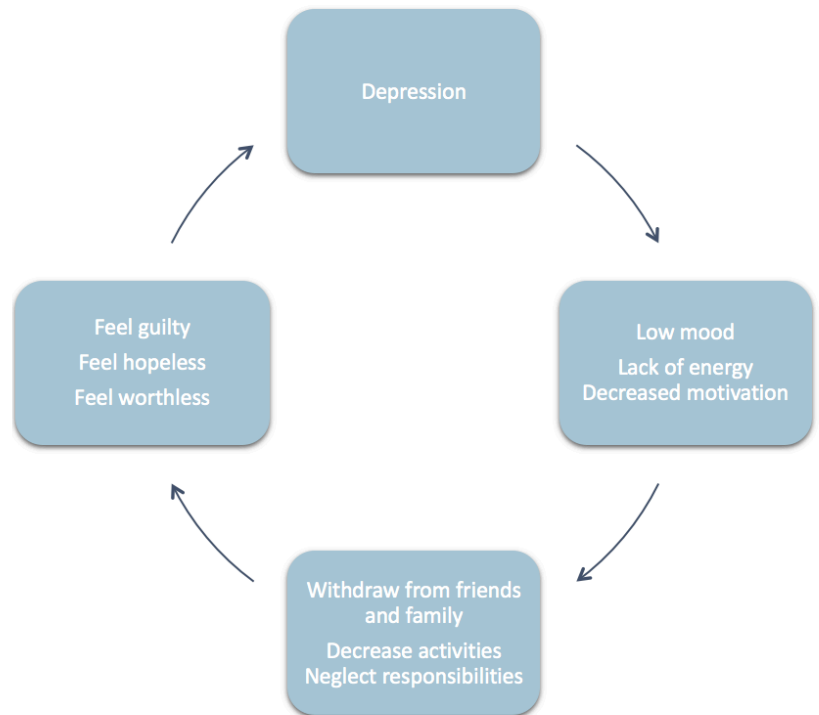
Vicious Cycle of Depression

When someone experiences depression, it affects how they **think**, how they **feel**, and what they **do**.

Depression can make you feel low, lack energy and have no motivation, so it can be quite difficult to do things. When you don't end up doing the things you want to do, this can leave you feeling guilty and hopeless.

This in turn feeds into your depression, creating a vicious cycle.

It can be quite disheartening to see the vicious cycle, but the good news is that since everything is connected, if you were to make a change in one area, it can affect the other areas!



How to Reverse the Cycle

One of the simplest way for you to reverse the cycle of depression is to **increase your activity levels**. Even if you don't feel like it, it is important to try to do something that you enjoy.

If you do something that you enjoy, you may feel less guilty and more hopeful, which can lift your mood and give you greater energy and motivation!

When choosing something to do, set a goal that is realistic and achievable, so that you set yourself up to succeed. We suggest picking two types of activities, one that's fun (e.g. something creative) and one that makes you feel like you've achieved something (e.g. tackling your list of chores).

Tip: Plan out your week, set a time each day for one of your activities, and add a reminder on your phone to encourage you to follow through.

Choose 1
activity to
do each
day!



Click here for more examples of activities to do!

APP OF
THE
WEEK



Calm Harm helps you to
manage the urge to self-
harm

For additional help and information, take a look at these websites:

Beyond Blue

<https://www.beyondblue.org.au/the-facts/depression>

Black Dog Institute

<https://www.blackdoginstitute.org.au/clinical-resources/depression/what-is-depression>

headspace

<https://headspace.org.au/young-people/understanding-and-dealing-with-depression-for-young-people/>

THIS WAY UP

<https://thiswayup.org.au/how-we-can-help/courses/teenstrong/>