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Depression Provides Additional Obstacles/Barriers for College Students to Maintain a Healthy Mindset

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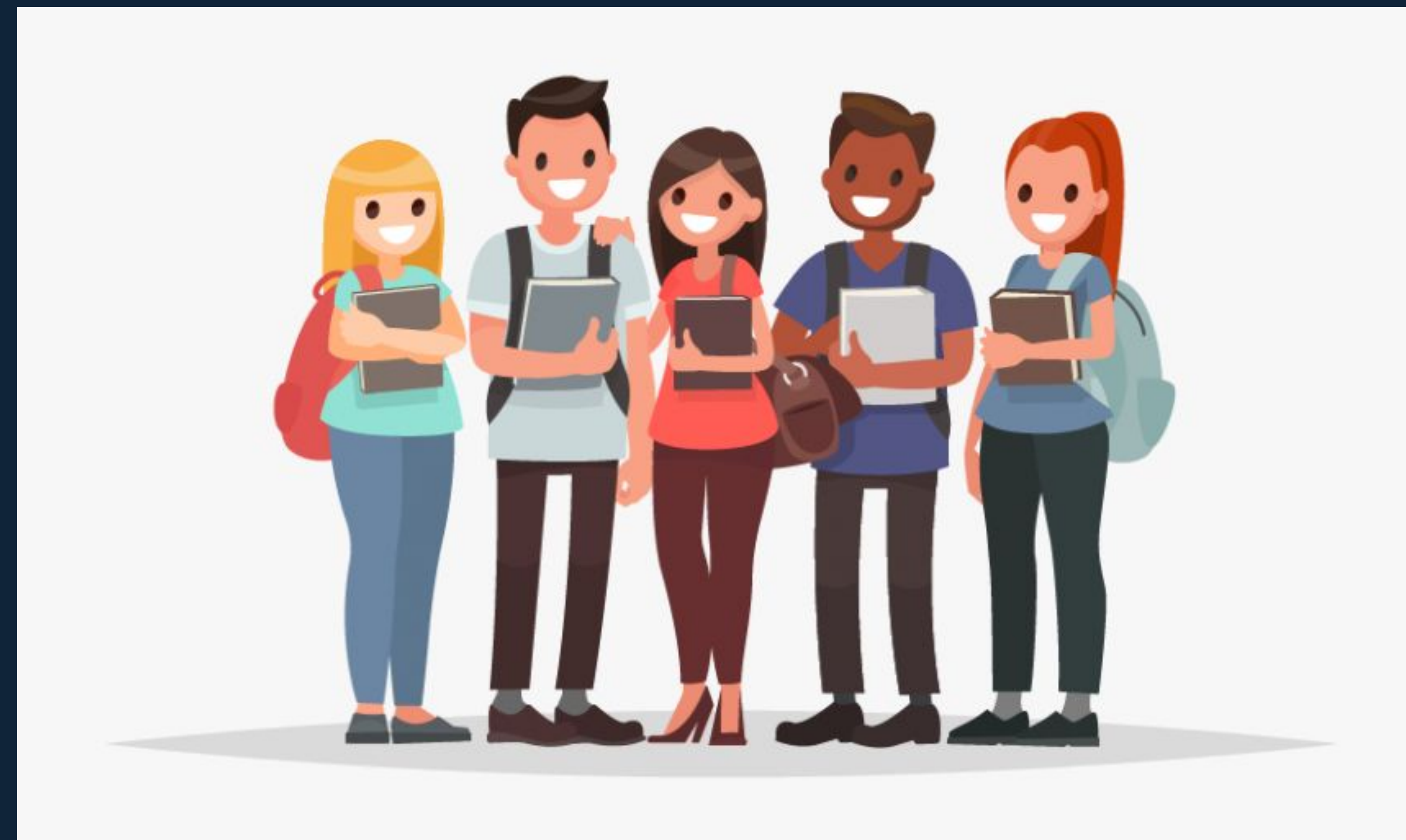
Five things you can do to help manage your depression while in college.



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Depression Provides Additional Obstacles/Barriers for College Students to Maintain a Healthy Mindset.



Managing and overcoming depression. What can be done?

1. Counseling
2. Medication
3. Meaning making
4. Goal setting and purpose
5. Spirituality
6. Reciprocal Relationships
7. Altruism

(Sherman, 2019)

Sources

Dougworth, D. K. (n.d.). *Depression*. NAMI. Retrieved October 13, 2022, from [\(Link\)](#)

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Mindset. MINDSET | definition in the Cambridge English Dictionary. (2022). Retrieved November 18, 2022, from [\(Link\)](#)

Sherman, M. C. (2019, September). *In Their Own Words: A Phenomenological Exploration of Student Mental Health and Success in College*. Login - usu secure login. Retrieved November 4, 2022, from [\(Link\)](#)

Mindset is a person's way of thinking and their opinions:

Mindset is "a person's way of thinking and their opinions" - Cambridge Dictionary (Mindset, 2022)

Mindset is how we view situations, our attitude toward those situations, how we choose to think about those situations, and consequently affects how we choose to act.

Our mindset is determined by our goals and challenges

- Think about it!
- Having a mindset to train military personnel would be a different mindset than raising kids in a home.
 - Having a sprinter's mindset when running a marathon also wouldn't serve you to your goals.

Depression can be its own type of mindset

Depression can manifest itself in many ways. Many of these ways affect thinking patterns and therefore behavior. (Howard, 2017) Because of this, depression could be considered its own type of mindset.

Common symptoms include... (Dougworth)

1. Intrusive thoughts
2. Feeling numb to life
3. Quickly becoming angry
4. Suicidal thoughts
5. Hopeless or guilty thoughts



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