

COUNSELORS RECOMMEND REGULAR FOOD, EXERCISE, AND SLEEP TO RELEASE POST-ELECTION SYNDROME

Though the presidential election was over more than three weeks, the related controversies are still going on and on. Many students visited the Counseling Section to seek for advices to release depression. To deal with the “Post-election Syndrome,” Fu Yen-wei, Chief of the Counseling Section, suggested students to “have compassion with those who hold different opinions, and be objective to the diversion of opinions.”

According to Chief Fu, the case of the “Post-election Syndrome” was just a few. However, she noticed that many students were influenced by the overflow of debates in the media. Encountering with too much negative information, those who are pessimistic tend to be depressed or manic-depressive. On the other hand, others felt depressed not because of the failure of his or her supported team, but because some debates of the campaign are closely related to the sustaining sources of pressure of the students.

The Counseling Section posted to TKU teachers and students a clipping article, “Return to the Basis of Everyday Life and You Will Not Feel Depressed.” To release the post-election syndrome—depression, anxiety, sleeplessness, experts suggest people to concentrate on the basis of everyday life—food, exercise, and sleep. As for food, they recommend to verify the style of eating as well to supplement anti-pressure nutrients, such as vitamins B, C, E, magnesium. High fat and salted food, smoking, and alcoholism should be prevented. Exercising would increase the excretion of endorphins, which give people a good mood. In addition, a good sleep and a happy chat with friends also help lead away from the “post-election syndrome.”

