

Depression in the Workplace



Depression is a common condition, with more than 19 million American adults suffering from major depression each year. It is important to understand that depression is not a passing mood or a personal weakness. It is more than just “feeling blue.” Depression is a chronic illness that can strike at any moment. It can significantly change a person’s behavior, physical health, appearance, job performance, and sleep patterns. No job category or professional level is immune. The most important step toward treatment of depression is asking for help. Your EAP can provide you and your loved ones with resources that can assist you in returning to a happier, more productive state of well-being.

SYMPTOMS OF DEPRESSION

- Persistent sadness, “empty” or anxious moods
- Sleeping and eating disturbances
- Feelings of guilt, worthlessness, helplessness
- Chronic aches and pains
- Feelings of hopelessness, pessimism
- Thoughts of death or suicide
- Irritability and excessive crying
- Difficulty concentrating and making decisions
- Loss of interest and withdrawal from activities
- Decreased energy, fatigue

HELPING YOURSELF

- Try to identify possible sources of stress or depression. Examine your feelings in relation to situations that might be troubling you (e.g., relationships, finances, job).
- Exercise or participate in some type of physical activity daily.
- Interrupt negative, self-defeating thoughts and replace them with more positive ones.
- Reframe the way you think about certain topics. Instead of dwelling on the negative, focus on the positive.
- No one is perfect. Accept yourself. Appreciate who you are.
- Talk with people who can help you problem solve or who can offer alternative ways of coping with a situation.
- Learn progressive muscle relaxation, meditation, biofeedback.
- Learn to be assertive and proactive.

If you or someone you know is experiencing symptoms of depression, call Deer Oaks, your EAP, to set up an appointment for a diagnostic meeting.



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