

Depression Hurts

Five Tips to Reduce Depression

1. Avoid doom and gloom stories on TV and in newspapers
2. Avoid caffeine, nicotine, alcohol, and illegal drugs.
3. Physical activity (move—even a little helps) every day.
4. Avoid negative people and situations.
5. Practice deep breathing and relax 2 or 3 minutes each hour.

Did you know that depression could cause physical symptoms?

Many people experience pain on an ongoing basis and are unaware that they could be suffering from depression. Depression not only affects your mood and thoughts but your body as well. In fact depression and pain often occur together in many chronic illnesses like stroke, heart disease, hypertension, diabetes, and cancer.

Physical Symptoms of Depression:

- Headaches
- Back, neck, shoulder pain
- Muscle aches, joint pain
- Chest pain, palpitations
- Digestive problems (nausea, queasiness, diarrhea, irritable bowel symptoms)
- Fatigue, exhaustion
- Sleep problems
- Change in appetite and weight
- Dizziness, light headed, feeling numb

If you or a loved one experience several of these symptoms on an ongoing basis it could be an indication that you may be suffering from depression.

Additional Resources:

Depression and Related Affective Disorders

www.drada.org

National Mental Health Association

www.nmha.org

National Institute of Mental Health

www.nimh.nih.gov

Get Help

Some people ignore physical symptoms and think they will eventually go away. This may not be true if you are depressed. If your symptoms continue for longer than 2 weeks, or continue to come back, you may need to talk to a professional. Workplace Solutions is a good place to start.

For free, confidential assistance with this and other health and wellness related concerns call
Workplace Solutions at 800-327-5071.