

Depression

Symptoms:

- *Constant feelings of loss, emptiness, sadness*
- *Irritability or rage*
- *Hopelessness*
- *Trouble sleeping or constant sleeping*
- *Low energy or fatigue*
- *Thoughts that you are worthless*
- *Significant change in weight*
- *Difficulty concentrating or remembering*
- *Loss of interest in things you usually enjoy*
- *Unexplained aches and pains*
- *Thought of harming self or others*

It is normal to be sad when sad things happen. People disappoint us, relationships change or end, sometimes life just isn't the way we want it to be. Normal sadness and grief should come and go and start getting better with time.

Depression is more than sadness. Depression is a complex illness that may include changes in body chemistry, thought patterns and behavior. It is unlikely that it will just go away, and telling a person to buck up, think happy thoughts, or just get over it, may make him or her feel worse because they've already tried that. Depression impacts family members and may cause problems at work. When symptoms occur almost every day and continue for more than 2 weeks, consider seeking professional assistance. Early intervention works best.

Treatment may include:

- Exercise
- Talk therapy
- Medication
- Hospitalization

Resources

www.nimh.gov

www.webmd.com/depression

www.kidshealth.org

Depression: Causes and Treatment,

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Depression may occur in several ways. Seasonal Affective Disorder comes and goes with the shorter days of winter. Another form of the illness includes symptoms of depression alternating with hyperactivity, staying awake for days, extremely risky behavior, excessive talking, and/or panic. New mothers may also experience depression. Adults, adolescents and children, both male and female experience depression, and it seems to run in families.

If you have depression, or care about some one else who does, call Workplace Solutions for assistance.

Contact Workplace Solutions today for free, confidential assistance.

Professional counselors are available 24/7 by calling 800-327-5071.

A variety of educational and supportive resources are available online at www.wseap.com.