

## A Life Worth Living

Depression is one of the most treatable illnesses with 80-90 percent of people finding relief. Life needs meaning and value to be worth living, otherwise we feel emptiness and a sense of despair. To overcome depression, we must search to find reasons for living. This can lead to an increased awareness of our worth and potential and put us on the right track to living a fulfilling life.

For more information on developing positive self-esteem, contact your Employee Assistance Program at 701.530.7195 or 800.327.7195

Remember, your Employee Assistance Program is:

- **Confidential:** All information is strictly between you and the counselor.
- **Informal:** A simple phone call starts the process, and there is no red tape.
- **Free:** Your employer has paid the fees. There's no charge for initial counseling services.



### Employee Assistance Program

310 North 10th Street  
Bismarck, ND 58501  
CHStAlexiusHealth.org



## Employee Assistance Program

# Depression Beyond Sadness





## There is a Light at the End of the Tunnel

If someone asked you if you are depressed, what would you say? No way. I'm not sad. I get up and go to work every day. How can I be depressed?

### What depression looks like

Very often, when we think of a person who has depression, images of sadness, crying or loneliness come to mind. However, there are many other symptoms we do not often associate with emotional distress.

Approximately 15 million Americans older than the age of 18 suffer from depression, with women experiencing depression about twice as often as men.

Depression includes a variety of both emotional and physical symptoms. Usually, emotional symptoms are used to detect depression, but research has shown that physical symptoms are very common in depression and should not be overlooked.

### Causes of Depression

- Genetics: family history of depression
- Biochemical: changes in hormones, chemical imbalance, etc.
- Psychological: social, anxiety, stress
- Trauma: divorce, death of a loved one, loss of a friendship, loss of job, etc.

### Symptoms of Depressions

- Persistent sad or "empty" mood
- Loss of interest or pleasure in ordinary activities
- Decreased energy, fatigue, feeling "slowed down"
- Sleep disturbances (insomnia or over sleeping)
- Eating disturbances (loss of appetite and weight loss or gain)
- Difficulty concentrating, remembering, making decisions
- Excessive crying
- Feelings of hopelessness or pessimism
- Irritability
- Aches and pains that don't respond to treatment
- Thoughts of death, suicide or suicide attempts
- Unexplained aches and pains

### What are the Benefits of Therapy with Depression

- It can help reduce stress in your life.
- It can suggest ways to improve relationships with other people.
- It can help you set realistic goals and identify options for the future.
- You can learn how to cope and regain a sense of control and pleasure.
- You can learn how to bring enjoyable activities back into your life

### Are Medications Useful for Treating Depression

Medications can be very helpful for reducing the symptoms of depression. Many healthcare providers favor using a combination of therapy and medication.

### Causes of Depression Lifestyle Changes that can Treat Depression

- Exercise 5-6 days per week
- Healthy diet
- 7-9 hours of sleep per night
- Social support
- Stress reduction and relaxation