



Live Well, Work Well

May 16, 2022



Overcoming depression



Shifts in work environments, social distancing requirements, compromised health conditions, unprecedented world events and more have created an unfortunate concoction for a rise in mental health issues. Along with mental health issues, loneliness and isolation are the greatest contributors for those with moderate to severe depression.^{5&6}

Depression can affect how you feel, think, and cope with everyday life, yet it can be difficult to recognize. Symptoms vary greatly from person to person, and tend to develop gradually.

While it is normal to experience negative emotions from time to time, it is crucial to identify if your emotions may be actual signs of depression.

Manage your depression symptoms

We encourage you to reach out to your medical provider to obtain personalized support and identify ideal methods for recovery. You can also try out these best practices to manage your depression symptoms:



Practice self-care: Self-care comes in many forms - physical, mental and social. Identifying ways to nurture each of these components is crucial. Examples include exercise, healthy eating, engaging in hobbies, meditating, or spending time with close family and friends, even virtually.



Lessen the load: The average adult makes about 35,000 remotely conscious decisions each day.³ When you're depressed, it's easy to feel overwhelmed. Delegate or reprioritize items on your plate to help alleviate stress and fatigue.



Create a calm and peaceful living space: When at home, you should feel a sense of calm. A safe space where you feel happy and relaxed can lighten your mood and help you feel at ease.



Cut out or limit social media: Studies have linked the use of social media to depression, anxiety, poor sleep quality, lower self-esteem, inattention, and hyperactivity.⁴ Although it may feel like social media brings us closer to the people we love, it can also facilitate a culture of subconscious comparison and addiction to technology. It's important to recognize the influence and set defined boundaries for social media usage.

For additional more information and support in with managing depression, check out these resources:

[The Anxiety and Depression Association of America](#) provides additional information and depression treatment resources.

[Empower Work](#) provides free confidential counseling through text messaging.

[The National Suicide Prevention Lifeline](#) provides 24/7 free, confidential support to those in crisis.

Identifying signs of depression

Have you experienced any of these symptoms continually for more than two weeks?² Here are a few common indications of depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Loss of interest or pleasure in hobbies
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating or making decisions
- Difficulty sleeping or oversleeping
- Appetite and/or weight changes
- Physical pains/aches that do not have a clear cause and/or do not ease even with treatment
- Thoughts of death or suicide

¹ Depression Center: Symptoms, Causes, Medications, and Therapies. Retrieved from <https://www.webmd.com/depression/default.htm>

² Depression. Retrieved from <https://www.nlm.nih.gov/health/topics/depression/index.shtml>

³ How Many Daily Decisions Do We Make? Retrieved from <http://science.unctv.org/content/reportersblog/choices>

⁴ The FOMO Is Real: How Social Media Increases Depression and Loneliness. Retrieved from <https://www.healthline.com/health-news/social-media-use-increases-depression-and-loneliness>

⁵ American Health Counselors Association. (2020). Beyond a Perfect Storm: How Racism, COVID-19, and Economic Melt-down Imperil Our Mental Health [Brochure]. Alexandria, VA

⁶ <https://www.mhanational.org/more-169000-people-screen-positive-depression-or-anxiety-start-pandemic>