

## Recognize and Overcome Depression

Overcoming a difficult time in your life can be hard. Everyone gets a little down sometimes amidst life's challenges. But there are times when sadness, loss of interest in life, and trouble with sleep or appetite can hang on for weeks. These problems may get in the way of the things you normally do. When this is the case, depression may be the cause.

Depression is more than just feeling bad or upset after a troubling event. It is a serious medical condition. And it's very common. Each year, millions of Americans suffer with depression. It's important to remember, though, that depression is one of the most treatable illnesses. Treatment works in about 80 to 90 percent of depression cases. And this often happens in just a few weeks, given the right care.

### Tips for Coping with Depression

- *Assess yourself*—To learn if you are depressed, check out a confidential depression self-screening tool on the member website under Tools/ Assessments.
- *Avoid alcohol and drugs*—These substances can cause or worsen depression.
- *Exercise regularly*—Do something physical daily, even if it's just walking around the block.
- *Do something new to refresh your psyche*—Walk or drive to a new place, or try a new restaurant.
- *Express yourself*—Get to the heart of your feelings through writing, painting, etc. Do something creative.
- *Be good to yourself*—Practice relaxation exercises, visualize pleasant scenes, take a warm bath, listen to soft music, or read a good book—whatever soothes you the most!

Through this month's campaign, you'll learn about:

- The different types of depression
- Recognizing the warning signs of depression
- How to help a family member who may be depressed
- How treatment—often including professional counseling and medication—can help beat depression.

If you, a family member or a co-worker suffer with depression, don't try to go it alone. Get help from a health professional. There are many tools you can access to help you cope with depression and move forward.

**Go Online Today!** Log on to [www.FOH4YOU.com](http://www.FOH4YOU.com) to access *Depression: Moving Forward* and other helpful resources. Or, call help and support at 1-800-222-0364 or 1-888-262-7848 TTY users.