

# PLAYING IT SAFE



## Dealing with Depression

*More than just the blues*

Everyone feels sad or down at one time or another. For most, this feeling passes within a few days or weeks. But when a loss of interest in normal activities and feelings of sadness persist for a longer period, it may indicate more serious conditions, such as depression.

Depression affects a wide range of people. Common symptoms include the following:

- Feelings of pessimism
- Decreased energy, fatigue or feeling "slow"
- Sleep disturbances
- Changes in appetite
- Difficulty concentrating, remembering or making decisions
- Feelings of guilt, worthlessness or helplessness
- Thoughts of death or suicide
- Restlessness or irritability
- Excessive crying
- Chronic aches and pains that do not respond to treatment

Other symptoms may inhibit your success on the job. Your co-workers or supervisor might notice the following:

- Decreased productivity
- Morale problems
- Lack of cooperation
- Safety problems and accidents
- Absenteeism
- Frequent complaints of being constantly tired
- Complaints of unexplained aches and pains
- Alcohol and drug abuse

You should seek help if you have the above symptoms for more than two weeks or they are interfering with work or family life. You should also consider doing the following:

- Contact your family physician since perceived symptoms of depression may actually be indications of other physical conditions.
- Contact your employer's HR department perceived symptoms of depression may actually be indications of other physical conditions.
- Review your health plan's coverage for prescription drugs and for mental health services. Your doctor can prescribe medication or therapy to help restore your well-being.

Be safe and healthy on the job with these helpful tips provided by **NYSIF**.

**"Depression does not imply weakness. It's a medical condition that you can't beat without professional help. Recognizing depression is the first step in its treatment."**

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