

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe
May 2021

Signs of Depression (credit to Mantherapy.org)

"Depression is a serious, yet treatable mental health disorder that can affect any man, no matter how keen his sense of direction or burly his mustache. While depression is often associated with sadness and hopelessness, it often manifests itself in fits of rage, unnecessary risk taking and alcohol or drug abuse in men." **Undiagnosed depression is the most common cause of suicide.**

Signs of depression

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| <ul style="list-style-type: none">• Persistent pain• Loss of energy• Loss of sex drive• Changes in appetite• Lethargy• Exhaustion | <ul style="list-style-type: none">• Change in sleep patterns• Restlessness• Alcohol or drug abuse• Feeling guilty• Feeling angry or violent• Losing interest in hobbies | <ul style="list-style-type: none">• Apathy• Feeling sad or nervous• Feeling alone• Taking unnecessary risks• Thinking about death or suicide |
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Men Vs. Women - Men and women exhibit signs of depression differently. In fact, guys and gals deal with depression in vastly different ways.

Depressed men tend to:

Blame others
Feel angry, irritated and ego-inflated
Feel suspicious and guarded
Create conflicts
Feel restless and agitated
Need to feel in control
Find it "weak" to admit despair
Use alcohol, TV and sports to self-medicate

Depressed women tend to:

Blame themselves
Feel sad, apathetic and worthless
Feel anxious and scared
Avoid conflicts at all costs
Feel slowed down and nervous
Have trouble setting boundaries
Find it easy to talk about despair
Use food, friends and "love" to self-medicate

Depression isn't a sign of weakness. It's the result of uncontrollable changes in brain chemistry, often caused by environmental triggers, like stress, divorce, death of a loved one or sudden financial troubles. Depression can also be caused by physical afflictions, such as food intolerances, B-vitamin deficiency or low thyroid (hypothyroidism).

There is a lot you can do to fix depression. It is a highly treatable disorder. In most cases it can be improved with a combination of lifestyle changes, professional therapy and medication. It is believed that millions of people suffering from depression are going untreated. If you think you might have depression, it is important that you do something about it. Don't let it defeat you without putting up a fight. Find professional help through BetterHelp.com, mantherapy.org, or your EAP.

HEALTH AND SAFETY REMINDER: . "Every person in this life has something to teach me -- and as soon as I accept that, I open myself to truly listening." -- *Catherine Doucette*