

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

Date: May 2023

### The Hidden Signs of Depression

According to the World Health Organization 300 million people worldwide experience depression, 17.3 million adults in the U.S. equating 7.1% of all adults in the country have experienced a major depressive episode in the past year. Hidden depression is also called “smiling depression” or “concealed depression”, is when a someone works hard to conceal their symptoms and show the world they are OK. Why would someone want to conceal symptoms of depression? They may be embarrassed to ask for help, don’t want their loved ones to worry, and some may feel guilty or ashamed for struggling. Becoming familiar with the hidden signs of depression will enable you to help others seek additional resources.

**Sleeping too much or too little** – Is your friend or family member complaining of how tired they are or have a lack of energy? Depression is known to interfere with restful sleep. Research has shown that depression can prevent people from falling asleep, staying asleep, or getting out of bed in the morning.

**Changes in diet and weight fluctuations** – Research has shown that depression may induce an influx of the stress hormone cortisol in the system that may lead to changes in appetite. Some people may lose their desire to eat, other may crave certain foods that may release feel-good neurotransmitters, such as sugary foods and serotonin.

**Drinking more alcohol** – Drinking alcohol triggers the release of endorphins, a natural stress and pain reliever. A common sign of hidden depression is that someone may turn to drinking more often or increasing the amount they consume in one sitting.

**Forcing a ‘Happy face’** – In some case the bigger the smile, the bigger the depression. If someone dismisses their own sadness or changes the subject, it could mean that they’re uncomfortable expressing how they truly feel or they are in denial about what they are feeling.

**Crying for help, then taking it back** – Those with hidden depression may struggle with being vulnerable or regret being overly vulnerable then regretting or feeling awkward, shameful, or unhappy that they let someone get too close. You might notice oversharing of personal information on social media then deleting the post shortly after.

**HEALTHY OR SAFETY REMINDER:** Question, persuade, refer (QPR) is training that is provided to Apollo employees at Apollo provide First Aid/CPR/AED/QPR training. QPR is first aid for individuals in crisis such as depression or contemplating suicide.

**Displaying intensified feelings-** Depression is known to cause sudden mood shifts and increased; Irritability, sadness, nervousness, tension, panic, grief, and crying spell. Men are more likely to experience irritability, aggression, and misplace anger, while women carry feelings of sadness.

**Conclusion-** Being familiar with signs of hidden depression can help you help your teammates or others you care for. You can help by offering emotional support and safe place to talk about what they are feeling or experiencing. Provide your observations in a nonjudgmental way. Help them find assistance such as a therapist, or support group.

**SUICIDE PREVENTION LIFELINE - 988 CRISIS TEXT LINE - TEXT HELLO TO 741741**