

# DEPRESSION

WE ALL FEEL SAD OR DOWN EVERY NOW AND THEN, HOWEVER, FOR THOSE WHO FEEL PERSISTENT SADNESS FOR LONG PERIODS OF TIME (WEEKS, MONTHS AND PERHAPS EVE YEARS) MAY BE EXPERIENCING DEPRESSION.

**IT IS IMPORTANT TO SEEK SUPPORT IF YOU ARE FEELING DEPRESSED. BELOW ARE SOME STRATEGIES THAT CAN HELP, IN ADDITION TO ACCESSING MENTAL HEALTH SUPPORT.**

## GET MOVING

INDIVIDUALS WITH DEPRESSION MAY HAVE FEELINGS OF LOW SELF WORTH, LOW MOOD, IRRITABILITY AND LOSS OF PLEASURE IN PREVIOUSLY PLEASURABLE ACTIVITIES. 30 MINUTES OF EXERCISE, 3-5 DAYS A WEEK, HAS SHOWN TO INCREASE THE BODIES PRODUCTION OF ENDORPHINS, WHICH ARE HORMONES THAT IMPROVE AN INDIVIDUALS MOOD.



## AVOID SUBSTANCE USE

SUBSTANCE USE CAN MAKE YOU FEEL BETTER FOR A SHORT PERIOD OF TIME, BUT IN THE LONG RUN, THESE SUBSTANCES CAN MAKE DEPRESSION SYMPTOMS WORSE. AVOIDING SUBSTANCES SUCH AS DRUGS AND ALCOHOL, KEEPING A BALANCED DIET AND DRINKING WATER IS BENEFICIAL FOR MEDIATING MOOD, AND REGULATING SLEEP.



## ENGAGE IN ACTIVITIES

WHEN YOU ARE EXPERIENCING DEPRESSION ACTIVITIES USUALLY DECREASE. INCREASING ACTIVITIES SUCH AS DOING A HOUSE CHORE, GOING TO A SOCIAL EVENT, GOING TO THE MOVIES, EXERCISE, COOKING OR ANY OTHER ACTIVITY THAT IS PLEASURABLE FOR GIVES A SENSE OF ACHIEVEMENT, CAN HELP IMPROVE SYMPTOMS OF DEPRESSION.



## HAVE A SUPPORTIVE NETWORK

REACH OUT TO FAMILY AND FRIENDS WHEN YOU A STRUGGLING. EXPRESS YOUR THOUGHTS AND FEELINGS AND SEEK ADDITIONAL PROFESSIONAL HELP TO WORK THROUGH THESE CHALLENGES.



ILLUMINATE MINDS IS YOUR EAP PROVIDER AND WE ARE HERE TO HELP YOU IF YOU ARE FEELING DEPRESSED OR IF OTHER ISSUES ARE CAUSING YOU PROBLEMS.

IF YOU WOULD LIKE TO BOOK A SESSION **PLEASE CALL US ON (08) 6118 2684.**

THESE SERVICES ARE CONFIDENTIAL AND FREE TO STAFF.



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