

# MINDFUL MOMENTS

## OCTOBER: DEALING WITH DEPRESSION

### Introduction

We all have times when our mood is low or when we feel sad. Usually these feelings pass, but if they don't go away for a couple of weeks, are interfering with your daily life, affect your ability to feel pleasure or take interest in activities, it could be a sign that you are experiencing depression. Depression can be caused by anything, but family history, upbringing, stressful events, or your lifestyle can have an effect.



### How can I help myself and others?

#### Help yourself:

Experiencing depression can be very difficult. Different treatments or methods to deal with depression help different people at different times. Only do what you feel comfortable with and don't put too much pressure on yourself to feel better. If you have tried the tips in the box below and you're still not seeing an improvement, the first step to getting treatment is to see your GP.

#### Help others:

Support from friends and family can play a very important role in someone recovering from depression. Speak to the individual and remind them you're there to listen without judgement and support where you can. If you're worried, encourage them to seek further help. Don't forget that when supporting someone, take care of yourself as it could put a strain on your wellbeing too.

### How does it impact me at work?

Depression can make you feel down, tearful, restless, numb, isolated, lacking in self-confidence or feel worthless. It may also affect the way you behave and cause you to avoid activities you usually enjoy. Decision making or remembering things may also seem difficult. You might also feel tired all the time, have a change in eating habits or experience aches and pains. This can not only impact your daily life but also how you feel at work. If you are experiencing this speak to your manager.

### Support Available

- **Mind** – [www.mind.org.uk](http://www.mind.org.uk), mental health charity, there to make sure no one has to face a mental health problem alone.
- **Depression UK** – [www.depressionuk.org.uk](http://www.depressionuk.org.uk) a self-help organisation made up of individuals and local groups.
- **Samaritans** – call 116 123 for 24 hour emotional support for anyone feeling down or struggling to cope.

### Tips to help you cope with depression:

1. **Talk to someone you trust** – it might be hard to share how you're feeling but speaking can help you feel relieved.
2. **Try mindfulness** – some studies show that practising mindfulness can help manage depression.
3. **Look after your physical health** – try get good sleep, eat regularly throughout the day, look after your hygiene and avoid recreational drugs and alcohol.
4. **Get active** – this doesn't mean hitting the gym or running but any movement like taking the stairs or going for a walk will release happy hormones! Spending time in nature too is beneficial.
5. **Keep a mood diary** – make a note of any activities, places or people that can make you feel better or worse.
6. **Practice self-care** – look after yourself by doing something you enjoy. This can support your recovery.
7. **Alternative therapies** – try yoga, meditation, aromatherapy, massage, reflexology, or herbal treatments.