



DEPRESSION

RISK FACTORS FOR DEPRESSION:

There is no single cause of depression. Early life experience, genetic predisposition, lifestyle factors, and certain personality traits all play a part in causing depression. Something that causes depression in one person may have no effect on another person.


People who are isolated and have few friends or family members to turn to in times of stress are more likely to develop depression. If you've been clinically depressed before, you're at a higher risk of becoming depressed again. Odds increase with each major depressive episode. **Risk factors include:**

- Loneliness
- Lack of social support
- Recent stressful life experiences
- Family history of depression
- Marital or relationship problems
- Financial strain
- Early childhood trauma or abuse
- Alcohol or drug abuse
- Unemployment or underemployment
- Health problems



A WELLNESS TOOLBOX FOR COPING WITH DEPRESSION

- Talk to a supportive friend
- Spend some time in nature
- List what you like about yourself
- Write in your journal
- Read a good book
- Watch a sitcom or a funny movie
- Take a long, hot bath
- Listen to music
- Get a massage
- Take care of a few small tasks
- Enjoy the company of a pet
- Do something nice for someone else
- Volunteer



The Jay Nolan Community Services Telephonic Employee Assistance Program (TEAL) is available to all employees and anyone in their household. Please call: 1-800-321-2843.

10 STEPS TO ACCOMPLISHING A DEPRESSION RECOVERY GOAL

1. State as clearly as possible in a positive manner what it is you want to create in your life.
2. Be clear why you want this and how your life will be different once you achieve this goal.
3. Understand what you have going for you to help you achieve this goal.
4. Understand the challenges that exist.
5. Be especially aware of the negative self-talk that sabotages and undermines your attempts to succeed.
6. Be clear about what you need to achieve this goal in terms of skills, resources, support systems, etc.
7. List the 3-5 major actions that you need to take to start moving toward this goal.
8. Think of ways to care for yourself as you work to achieve this goal.
9. Focus on what you want to accomplish, and not on the problems you encounter.
10. Don't be so hard on yourself! Have fun and enjoy the journey