



The Lexington Group, Inc.

Your Employee Assistance Program

Depression

Depression is one of the most common conditions but, even in the most severe cases, it can be treated. Depression is usually treated with counseling, medication, or a combination of the two. The earlier that treatment can begin, the more effective it is, which is why it's important to reach out for help even though that may be difficult.

Over a period of time, signs and symptoms of depression include:

- Persistent sad, anxious, or “empty” mood, decreased energy.
- Feelings of hopelessness, irritability, and loss of interest.
- Difficulty with your memory, sitting still, concentrating, making decisions, or sleeping.
- Changes in your eating habits or changes in your weight.
- Digestion issues, aches, or pains without a clear physical cause.
- Feelings of guilt or lack of accomplishment.
- Thoughts of dying or harming yourself.

Depression triggers the belief that happiness is merely temporary and there is no way out. Activities you once enjoyed are no longer of interest. It is difficult to change but the following suggestions maybe helpful:

1. Avoid isolation. Withdrawing worsens symptoms and amplifies the brain's stress response. It may be

harder to stay in touch with others because of social distancing. However, staying in contact with friends and family through regular contact is important.

2. Stay organized and keep things clean and tidy. Tasks like decluttering surfaces, laundry, making your bed, and attention to personal hygiene can make a difference in how you feel. Make a to do list and schedule tasks.
3. Develop a regular sleeping pattern. It has been estimated that 90% of patients with depression complain about sleep. Take this one step at a time. Sleep in a cool room, keep your television and other electronics off, try mediation or reading a book, and stick to a regular sleep schedule even on the weekend.
4. Work in healthy habits daily. Nutrition and exercise play a large role in energy levels. Eat a balanced diet and get active for at least 20 minutes every day.

It's important to keep your goals manageable; aim for improving overall life satisfaction rather than daily perfection. Long-term success is greatly increased by routine, a generally healthy lifestyle, and support. Remember to seek help if it becomes hard to cope on your own. It's always beneficial to have someone impartial to talk to. Additionally, speaking with a mental health counselor can help motivate you maintain your new routine.

How The Lexington Group Can Help

The Lexington Group can help set up confidential Online or Face-to-Face Counseling. Caring and personalized help is at your fingertips. Request service and find out additional information at: [The-Lexington-Group.com](https://www.The-Lexington-Group.com)

For 24/7 support call:

UNITED STATES & ENGLAND
1-800-676-4357

CANADA
1-800-567-4343

CAYMAN ISLANDS
1-855-328-1185

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