

For Your Information

END PROCRASTINATION

Perfectionism often leads to procrastination. Perfectionists would rather put off a project or task than do an incomplete job. Rather than perfection, aim for progress. Any small step toward completion is an accomplishment.



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BETTER PARENTING

Make love the context for everything that you do and say. In the best of times, in the worst of times, make sure your child knows that all decisions are based on love.

IMPROVE YOUR SLEEP

To enhance the quality of your sleep, follow these simple suggestions:

- Stay away from stimulants such as coffee, tea, colas, and medications that contain caffeine – especially after 6 or 7 p.m.
- Go to bed at the same time every night.
- Get regular, moderate exercise.
- Don't use alcohol or sleeping pills to induce sleep. They typically produce light, unsettled sleep.



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WELLNESS

Recognizing Depression in Men

Depression in men may be under recognized because men suffering from depression may not exhibit the mixture of sadness, hopelessness or excessive guilt that dominate the standard diagnostic descriptions for depression.



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Large scale research studies have found that depression is about twice as common in women as in men, but now researchers are asking the question, "Is depression in men under diagnosed?" Mental health experts say that while both women and men can develop the standard symptoms of depression, men often experience depression differently and may have different ways of coping with the symptoms.

Men get angry, not sad

Men are less likely to show "typical" signs of depression, such as crying, sadness, hopelessness, or excessive guilt. Instead, men are more likely to keep their feelings hidden and may turn to alcohol or drugs when they are depressed, or become frustrated, discouraged, angry, irritable, and sometimes violently abusive. Some men deal with depression by throwing themselves compulsively into their work, attempting to hide their depression from themselves, family, and friends. Other men may respond to depression by engaging in reckless behavior, taking risks, or putting themselves in harm's way.

Standard symptoms of depression

The standard diagnostic symptoms of depression include the following. Not everyone who is depressed experiences every symptom below. Some people experience only a few while some people suffer many. The severity of symptoms varies among individuals and also over time.

- Persistent, sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities that were once enjoyable, including sex
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, or making decisions oversleeping
- Changes in appetite and/or weight
- Thoughts of death or suicide, or suicide attempts
- Restlessness or irritability
- Persistent physical symptoms, such as headaches, digestive disorders, and chronic pain that do not respond to routine treatment

Depression in men...

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Additional symptoms of depression in men

Frequently, male depression first shows up in physical symptoms, such as headaches, digestive disorders or sexual dysfunction. In addition to the common diagnostic symptoms of depression listed above, other common symptoms of depression in men can include:

- Anger, lashing out, blaming
- Alcohol or drug abuse
- Workaholism
- Reckless behavior

What to do

What should you do if you're concerned about depression?

1. Drop the stigma. Realize that depression is nothing to be ashamed about. It is nothing you've "done wrong." With the advancement of medical science, we have learned that clinical depression stems from a combination of genetic, biochemical and environmental factors, most of which you've had no control over.

2. See your doctor. If several of the symptoms listed above have persisted for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine, make an appointment to see your primary care physician. Mention to him or her that you are concerned about depression. Your doctor can either start treatment or refer you to a psychiatrist or psychologist for further evaluation and treatment.

3. Take charge of your condition. Don't believe in the myth that you should be able to "handle" depression on your own. Left untreated, the symptoms of depression can last for weeks, months or years, and often get worse. Instead, the best way to "handle" depression is to take charge of your condition by seeking treatment, following the recommendations of your doctor and working with your doctor and/or other healthcare professionals as part of a treatment team.

Your EAP is here to help

If you suspect that you or a family member may be suffering from depression, contact your Employee Assistance Program (EAP) for CONFIDENTIAL counseling, referrals or information. We're here to help you.

NOTE: Professional help should be sought immediately if a person is experiencing suicidal thoughts.

MANAGING STRESS

Are You Experiencing Job Burnout?



Job burnout is a physical and emotional response to work that leaves you feeling fatigued, frustrated, unmotivated, powerless and hopeless. It is brought on by experiencing prolonged and constant high levels of stress. It is important to take time to recover and heal from burnout because these stress reactions can result in levels of depression and unhappiness that eventually threaten your job, your relationships and your health.

Early warning signs of job burnout

How do you know if you, a loved one, or someone who reports to you is suffering from job burnout? Review the early warning signs below:

1. Emotional and physical exhaustion
2. Increased cynicism, negativity, and irritability
3. Apathy, not caring about your job
4. Anxiety and reluctance to go to work
5. Declining work performance
6. Excessive absences or lateness
7. Difficulty sleeping
8. Frequent headaches or gastrointestinal problems
9. Easily angered at seemingly inconsequential things
10. Edginess and quickness to blame others
11. Weight loss or gain
12. Mood swings, feelings of helplessness and depression

Beating burnout

Job stress is something we all face as workers, and we all handle it differently. Learning how to deal with and manage stress is critical to preventing or overcoming job burnout.

The first step toward coping with burnout is defining the problem. Is the situation itself stressful? Is there something about your situation that you can change? Changes in both you and your environment can help prevent burnout.

Contact your EAP for confidential help

If you are suffering from symptoms of job burnout – or need help with any other work-related issue – contact your Employee Assistance Program (EAP) for CONFIDENTIAL counseling, referrals or information. Your EAP is always available to help you or your dependents with any personal, family or work-related concern.

Employee Assistance Program Services

PROVIDED BY YOUR EMPLOYER FOR YOU AND YOUR DEPENDENTS

Your **E**mployee **A**ssistance **P**rogram is a prepaid and confidential program designed to help employees and their dependents resolve problems which may be interfering with their personal, work or home life. EAP Consultants offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals.

If you're experiencing problems which are causing concern, you and your EAP Counselor can work as a team to find solutions.

For assistance, call EAP Consultants LLC at:

800-869-0276