

# Workplace Employee

October 2020

## Testimonials

Here are some quotes from employees who recently called on Concern for a Counseling Consultation:

*“The therapist I was referred to has proven to be really amazing and just what I needed to help me feel better.”*

*“I really appreciate the flexibility and the willingness to listen, regardless of the issue.”*

*“I loved that I was able to switch counselors when the first one didn’t quite fit. It was also extremely easy to use the app for BetterHelp.”*

*“Fast, easy to access, flexible, kind and caring staff.”*



## Tips for Success

### October is Depression Awareness Month

Feeling “blue” now and then is a normal part of life. But having the blues isn’t the same as being depressed. Most of the time we’re able to bounce back from feelings of sadness or melancholy. But, if your feelings are excessive or interfere with your daily routine (for example, getting up and going to work or being a good parent), it’s time to pay attention. You may be depressed. If so, you are certainly not alone. Depression is the most common mood disorder in the U.S. The good news is that depression is highly treatable. The first step is to get informed. Here are links to a few resources to help you get started.

- [The PHQ-9 Depression Assessment](#)
- [Video: Is this Depression](#)
- [Article: When It’s More Than the Blues](#)
- [Infographic: How to Help a Coworker](#)

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## Check Out Concern’s Mental Wellness Resource Center



You’ll find resilience-building toolkits to help promote your physical and mental wellbeing. Toolkits include practical self-help tools, apps, resources and guidance for **Stress, Depression, Anxiety and Substance Use**.

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## Depression in the Time of COVID-19

These are uncertain times. Even as some places start to open again after months of lockdown, the end may still seem a long way off. You may be struggling financially, grieving the loss of loved ones or the life you knew before the pandemic. Living in the age of coronavirus can have a profound effect on your mood. All the fear and uncertainty surrounding COVID-19 makes it natural to worry. When your worries spiral out of control, though, they can cause panic, anxiety, and depression.

While not a substitute for medical advice, here are a few healthy strategies to boost your mood and help ease anxiety and depression.

**Practice relaxation techniques.** Incorporating a relaxation techniques into your daily schedule can help relieve tension and anxiety. Try **Calm**, a mental fitness app designed to help you build resilience in the face of life's challenges. **Headspace** is an app that makes meditation easy. It can help people stress less, focus more and even sleep better.

**Find simple sources of joy.** While you can't force yourself to have fun, you can push yourself to do things that will boost your mood throughout the day. Try listening to uplifting music or finding a reason to laugh by watching episodes of your favorite sitcom or funny videos on YouTube.

**Spend time in nature.** Get outside. Whether it's walking your dog, paddling on the beach or going on a hike, you can ease stress and put a smile on your face, even if you're alone.

**Eat a mood-boosting diet.** In times of stress, we often turn to "comfort foods" packed with unhealthy fats, sugar and refined carbs. But these foods, along with too much caffeine and alcohol can adversely impact your mood. Instead, focus on a diet rich in veggies, fruits, whole grains, and fish. [Click here](#) to watch a video about the best foods for depression.

**Sleep better.** Just as depression can impact your quality of sleep, poor sleep can also contribute to depression. When you're well rested, it's easier to maintain your emotional balance. Changing your daytime habits and bedtime routines can help improve how well you sleep at night. [Click here](#) for tools to help you sleep longer and better.

## Depression: Do You Know the Symptoms?

Depression affects different people in different ways. Some signs and symptoms may include feeling several of the following for at least two weeks:

- Persistent sad, anxious, or "empty"
- Feeling hopeless or pessimistic
- Feeling guilty, worthless, or helpless
- Not enjoying things you used to enjoy
- Trouble with concentration, memory, or making decisions
- Sleeping too much or too little
- Appetite changes
- Gaining or losing weight
- Feeling restless or irritable
- Thoughts of suicide or self harm

People may also have aches or pains, headaches, cramps, or digestive problems without a clear physical cause or that do not ease even with treatment.

## When to get help

If symptoms of depression are causing problems with relationships, work, or your family, it might help to talk with a physician or mental health professional. Contact Concern to schedule an appointment with a trained counselor. Call 800.344.4222 or go to [employees.concernhealth.com](http://employees.concernhealth.com)

Source: WebMd, NIH, HelpGuide, CDC

Employees and eligible dependents can request Concern counseling and work/life services 24/7 by calling or visiting our website.

**Call: 800.344.4222**  
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