

Stress & Depression Survival Tools

Turn the TV OFF!

The nightly pounding by the news media of "gloom and doom" economic news affects your health. We have enough economic woes, in our community without trying to carry the woes of the world. Some become addicted to Cable News and can not stop watching. Some watch each night as though watching will somehow turn the economy around. You need to take measures to protect your emotional stress levels.



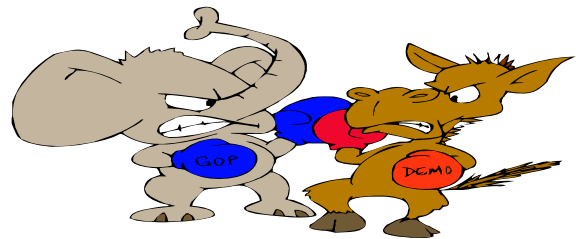
CNN.com

Breaking News!

Get enough sleep!

One of the best ways to make sure the stress does not over whelm you is to plan to get enough sleep during stressful times, Plan to go to bed 30 minutes or an hour earlier. You may need to reduce or moderate your intake of caffeine earlier in the day. Moderate alcohol use can be ok, but alcohol is a depressant and can send you into further stress if used beyond moderation.

Avoid Conflicts



- Avoid conversations, subjects and people or events that you know will be upsetting to you.
- Getting upset over your opinion can destroy relationships that are more valuable than the opinion is worth
- Seek good news, positive contacts, subjects and activities, and things that are going to be soothing and up lifting.
- Count your blessing and look for the good things around you.

Is the stress overwhelming?



Survival Skills

Make A List of Stressors

Make a list of the things that cause you stress and eliminate things that you can control.

You may need to reduce your list of activities to find some "down time" to unwind.

Make a list of feel good activities that will give you a "good feeling" when completed. Spring clean, freshen up with paint & color, work in your yard or garden, clean & wash your vehicle.

Make some "healthy lifestyle" changes

Local Help Available

- Local Churches
- Friends & family
- Counseling available at: **Gulf County Health Department Social Services Department**
- **227-1276 Ext 100**

Are you experiencing Depression?

- you can't sleep enough or you sleep too much
- you can't concentrate or find that previously easy tasks are now difficult
- you feel worthless and hopeless
- you can't control your negative thoughts, no matter how much you try
- you have lost your appetite or you can't stop eating
- you are constantly irritated or become enraged even at small things - and this is new for you
- you have thoughts that life is not worth living, or have a plan for how you would end it (Seek help *immediately* if this is the case)

Know When To Get Help!

Clinical depression is distinguished from situational depression by length and severity

Feelings of helplessness and hopelessness A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.

Loss of interest in daily activities No interest in or ability to enjoy former hobbies, pastimes, social activities, or sex.

Appetite or weight changes Significant weight loss or weight gain—a change of more than 5% of body weight in a month.

Sleep changes Either insomnia, especially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).

Psychomotor changes Either feeling "keyed up" and restless or sluggish and physically slowed

Thank You, for taking time to think about your Health!

http://www.helpguide.org/mental/depression_signs_types_diagnosis_treatment.htm

We are fighting for your lives.... Because we care.....

Regina Washabaugh RN