Moving Forward

Recognize and Help Confront Depression

It’s true that everyone gets a little down sometimes amidst life’s challenges. But there are times when sadness, loss of interest in life, and trouble with sleep or appetite can hang on for weeks. You, a family member or a co-worker may find these problems getting in the way of your activities. When this is the case, depression may be the cause.

• **Depression is more than just feeling bad after a troubling event.** It is a serious medical condition. It’s important to remember, though, that depression is one of the most treatable illnesses. You should:

  • **Recognize the symptoms of depression.** They often include feelings of hopelessness, trouble concentrating, anger or emptiness, and sleep or appetite problems.

  • **Learn as much as you can.** Psychologists, social workers, psychiatrists or a medical provider diagnose depression. The most common treatments are professional counseling, anti-depression medication, or a combination of the two.

  • **Encourage the individual to seek help.** He or she may not agree to get help at first, but remind the person that treatment works, and that he or she will feel better with the correct treatment.

  • **Encourage the individual to follow the treatment plan.** This includes keeping all therapy appointments, and taking prescribed medicine exactly as directed.

The good news is that about 80 to 90 percent of people with depression get better and Your ParTNers for Health EAP can help!

During the fourth quarter of 2012, the ParTNer for Health EAP is providing resources to help support your mental wellness. In honor of National Depression Screening Day, we are looking at how to recognize the signs of depression, how to get help for a depressed family member or co-worker, and how to cope with the stresses of the holiday season.

Do you think you might need help dealing with depression? Remember, your ParTNers EAP offers confidential no-cost counseling and resources. You can call 1.855.Here4TN (1.855.437.3486) 24 hours a day, seven days a week.

Plus, the www.Here4TN.com website offers a rich array of helpful information you can access anytime.

See the back page for information about a special webinar for employees on staying healthy during the holiday season!

www.Here4TN.com | 1.855.Here4TN (1.855.437.3486)
Take Action Against Depression

Did you know that depression is the leading cause of disability in the United States and that it affects 9.9 million American adults? That’s five percent of the adult population in a given year. Did you know that nearly twice as many women as men are diagnosed with major depression each year? It is important to remember that individuals of all ethnic, racial and socioeconomic groups can find themselves facing depression. The good news is that although major depression can be a devastating illness, it is highly treatable. Between 80 to 90 percent of people with serious depression can be effectively treated and can return to their typical daily activities with emotional stability.

National Depression Screening Day is Thursday, October 11th, 2012. It is held each year during Mental Illness Awareness Week and is designed to bring awareness to the disorders of depression, bipolar disorder, anxiety and post-traumatic stress disorder on a national level. National Depression Screening Day helps to educate the public about the symptoms of these disorders as well as effective treatments, and offers individuals the opportunity to be screened for the disorders and to connect those in need of treatment to the mental health care system.

If you or someone you know is struggling with symptoms of depression, you can complete an anonymous online screening at www.HERE4TN.com, click Enter Now, then select Health Information/ Self Assessments/ Magellan Self-Screening System/ Depression Screening.

Did you know that your ParTNers Employee Assistance Program offers up to 5 counseling sessions per episode at no cost to you and your eligible family members? Call 1.855.HERE4TN (1.855.437.3486) or visit www.HERE4TN.com to learn more. If you have friends who do not have access to the ParTNers EAP, please contact the Tennessee Department of Mental Health’s Office of Consumer Affairs at 1-800-560-5767 for information on where to go for mental health resources in the area.

Depression can have an adverse impact on productivity in the workplace, as well as on overall morale. If not treated, depression hurts both the individual experiencing the depression and those around him or her. All aspects of work, including the bottom line, can be negatively impacted.

Your ParTNers for Health Website Resources for Depression

Your program offers tools that can help you, a loved one or co-worker in the fight against depression. Access the ParTNers for Health EAP member website at www.Here4TN.com.

• Take a self-assessment: Need help but not ready to speak with a counselor? Take a confidential self-assessment to obtain a general indication of depression in your life.

• Access member training courses: These offer self-paced instruction on depression and other topics such as orientation to your EAP, stress and change management, substance abuse, and wellness.

• Listen to a webinar or podcast: These are online webinar recordings (live or pre-recorded) about depression and other topics including stress, relationships and work-life balance.

• Learn more through prevention programs: Access helpful information on topics such as depression during pregnancy, depression and diabetes, youth substance abuse, and ADHD.

• Not ready for face to face counseling? Don’t have time for it? ParTNers EAP offers telephonic EAP sessions. Call 1.855.Here4TN (1.855.437.3486) to schedule a telephonic appointment.

www.Here4TN.com | 1.855.Here4TN (1.855.437.3486)
Coping With Holiday Stress

With the holidays fast approaching, it’s good to have a plan for navigating both the delights and the challenges of the season. The holidays can be a rush of shopping, cooking, cleaning, entertaining, and sometimes travel. It’s important for you to have a plan, to be realistic in what you can accomplish, and to stay on track with healthy habits. These tips can help you beat holiday stress.

*Establish a budget and stick with it.* Don’t feel that you must spend a lot on food or gifts to show people that you care. Be realistic about what you can accomplish. Fatigue, over-scheduling, and taking on too many tasks can dampen your spirits. Learn to say “no” and delegate as much as possible. Prepare a to-do list to help you prioritize.

*Take advantage of “down time” at the stores.* Plan your shopping trips during times when retailers are the least crowded. If you can stop by the mall during the week, you will probably get more done than by going on a Saturday afternoon.

*Don’t abandon healthy habits.* Don’t let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so you don’t go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity. It can be helpful to work out or take a walk before or after a big holiday meal.

*Avoid excessive drinking.* Alcohol may improve your mood at first, but it’s actually a depressant. Too much can make you feel worse.

*Start new traditions.* As families change and grow, traditions and rituals often change as well. Don’t hold fast to old patterns if they’re causing too much stress now. Choose a few traditions to hold onto, and be open to creating new ones. For example, if your adult children can’t come to your house, find new ways to celebrate together, such as sharing pictures or videos.

Tips for Holiday Balance and Budgeting

Two common challenges during the holiday season include finding the time to fit everything in, and managing money so that the New Year doesn’t arrive with an unwelcome stack of bills. Some suggestions:

- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. This can prevent last-minute scrambling to buy forgotten ingredients.

- **Design and adhere to a leaner gift budget.** First, estimate the cost of a gift for everyone on your holiday list. After totaling the costs, try to find ways to reduce the amount for each person by finding alternative gifts. Establish your new budgeted limit, and don’t spend more than this amount.

- **Shop online.** Ordering gifts online can help save a lot of the time spent looking for bargains while eliminating the stress of parking lots and crowds.

- **Shop as early as you can.** Last-minute gift buying often results in spending more than you planned.

- **Take a breather.** Make some time for yourself. Unplugging for 15 minutes alone without distractions may refresh you enough to handle everything you need to do.
Fall EAP Training Opportunities

November In-Person Seminar Information

*Healthier Holidays: Emotionally, Physically, and Financially (1 hour)*

The holidays mean different things to different people; some see them as a time to reflect and be thankful, or to reconnect with friends and family and to relax. Others find it stress-filled, and may be worried about spending too much money or are unable to find joy due to grieving the loss of loved ones, or are so busy they overindulge in food and drink.

We will be addressing four factors: stress, relationships, finances, eating and drinking, in an effort to have healthier holidays emotionally, physically and financially. You will also have an opportunity at the end of this training to develop a plan for yourself.

All November in-person seminars are from 10 am until 11 am local time

Register [here](#).

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Online Webinar Information

Member Webinar

*Healthier Holidays: Emotionally, Physically, and Financially*

December 5th 11:30-12:30 Central

Can’t attend the seminar? Sign up for this webinar! Note: no need to sign up for both the seminar and webinar. Both cover the same material.

Register for the Webinar [here](#).

Other Member Webinars of Interest:

**OCTOBER**

*Depression: Moving Forward*
  - Types of depression
  - Depression and families
  - Moving forward

October 23, 2012
12:30 – 1:30 p.m. Central
Register [Here](#)

**NOVEMBER**

*Caregiving Journey*
  - Stages of caregiving
  - Communicating with providers
  - Setting boundaries

November 14, 2012
1 – 2 p.m. Central
Register [Here](#)