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# EAC Wellness Wire

Employee Assistance Center at CARE

Published by the staff at EAC to help employees improve their well being.

**WINTER 2005**

## Depression Keeps 19 Million Adults From Being Productive

Approximately 19 million American adult workers suffer with depression serious enough to limit their productivity. Many of these employees will quit or lose their jobs directly due to the depression.

Symptoms of depression include emotional elements such as restlessness or loss of pleasure, or physical elements like headaches, aches, and pains. These symptoms result in a lowered ability to work, sleep, eat, study, or enjoy pleasurable activities.

Internationally known motivational speaker, Connie Podesta, feels there is a link between depression and the blend of one's home life and work life. "One major reason for depression is the feeling of guilt in having to choose between family and work", points out Podesta. By taking control of your life, you reduce the tension from having to make excuses to your boss, friends, and family for how you spend your time from one to the other.

She finds six key aspects of balancing your life:

### **Create a healthy, functional environment.**

People need a place that is safe, a place where they can go to escape the negatives of a bad day. They need a sanctuary to rebuild their spirit for the next day. Fair rules and boundaries are a key to creating this environment.

### **Build relationships.**

It is important to seek out positive relationships and repair, constrain, or eliminate negative ones. Align yourself with optimism and avoid pessimism.

### **Deal with negative experiences.**

We choose how to react to every situation. By dealing positively with negative life experiences, we can keep our life in perspective.

### **Build positive self-esteem.**

Thinking positively about ourselves is not easy. It is unrealistic to expect people to pour compliments over us. Seek ways to build self esteem on a continual basis.

### **Make timely decisions.**

Many people have a problem making little decisions or they struggle with big decisions. Some people have problems with both. Failure to make timely decisions affects mental and physical health, throwing life into imbalance. Procrastination can lead to stress.

### **Learn how to handle personal problems.**

Being able to identify the magnitude of personal problems and resolving the problems quickly and positively eliminates their impact on longer-term happiness.

*If symptoms of depression persist, consider seeing your primary care physician or contact the Employee Assistance Center at 1-866-888-1555.*



### **THE EMPLOYEE ASSISTANCE CENTER CAN HELP WITH MANY CONCERNS**

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**586-541-1555 or  
Toll Free 1-866-888-1555**

***“Don’t argue for other people’s weaknesses. Don’t argue for your own. When you make a mistake, admit it, correct it, and learn from it--immediately.”***

— Stephen Covey



### **Take a hike**

If you walk a mile a day at a brisk pace, you could lose a pound a month without having to limit your diet.

### **Fill up on fiber**

Most people only get about half the amount of fiber they need every day. Whole grains, fruits, and veggies such as carrots, spinach, and sweet red peppers are rich in fiber and vitamins.

### **Enjoy the outdoors**

Try to get outside for at least 20 minutes a day. Lack of sunlight lowers serotonin in the brain, bringing down your mood and energy level. Sunlight is also a good source of vitamin D which helps the body absorb calcium.

### **Think before you drink**

Instead of drinking a can of pop, try a glass of low-sodium vegetable juice. You’ll meet one of the three recommended daily servings of vegetables. Or mix a packet of hot cocoa with skim or low-fat milk. It’s a sweet treat that’s a good source of calcium and vitamin D.

### **Get more sleep**

Try to go to sleep a half hour earlier every night. This might not be easy but research shows that sleeping less than six or seven hours a night may increase your risk for health problems. It could also raise your risk for depression, memory difficulties, relationship problems and impaired immune function.

### **Control your food portions**

Make a mental measurement before you chow down to keep fat and calories in check. A serving of meat (three to four ounces) should look like the size of a deck of cards, a baked potato should resemble a computer mouse, and a cup of ice cream is about the size of a tennis ball. If your favorite restaurant insists on serving super-sized portions then try splitting a meal with your dining partner or ask the waiter to put half of the meal in a to-go bag before you are even served.

### **Clean those pearly whites**

Taking care of your teeth can do a lot more than make your smile sparkle. Studies have consistently found a connection between periodontal disease - a bacterial infection in the gums - and an increased risk of heart problems and circulatory system problems. Remember to brush your teeth after every meal and floss at least once a day.

### **Take your vitamins**

Vitamins provide nutrients to supplement a healthy or unhealthy diet. It’s preferable to get your nutrients from a healthy, balanced diet, but studies show that many Americans fall short in a variety of key vitamins and minerals. Getting the extra supplements through vitamins is great alternative. But remember that these pills are not magic beans that will make you healthy overnight while you maintain poor eating habits.



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**Office Hours:**  
M, T, TH: 8:30 am - 9:00 pm  
W & F: 8:30 am - 5:00 pm  
**Clinician on call 24/7**

The EAC is located within the CARE office, which is on the southeast corner of Utica Road & Masonic (13 ½ Mile Road) in Fraser