

TOPIC: DEPRESSION

Potential Signs of Depression

- Problems sleeping, eating, exercising or getting stuff done
- Feeling down, depressed, or hopeless and not interested in doing things
- Trouble concentrating or keeping your mind on what you are doing
- Moving or speaking so slowly that other people have noticed
- Thinking you are a failure or have let yourself or your family down; thoughts you would be better off dead, or of hurting yourself

Impact on Your Work

- Not getting as much done
- Quality issues with what does get done

Six Ways to Help Yourself

1. Do what you used to enjoy, even when you don't feel like it
2. Stay connected with family and friends
3. Eat at regular intervals, get enough sleep and exercise regularly
4. Avoid or restrict alcohol intake and only take medicine as prescribed
5. Get rid of your negative thoughts
6. Talk to someone you trust, like your healthcare provider, or contact your EAP



Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>

Depression: Know you are not alone.