



# HELPING HANDS

## Dealing With Depression

(excerpts from [HelpGuide.org](http://HelpGuide.org))



Depression drains your energy, hope, and drive, making it difficult to do what you need to feel better. But while overcoming depression isn't quick or easy, it's far from impossible. You can't beat it through sheer willpower, but you do have some control—even if your depression is severe and stubbornly persistent. The key is to start small and build from there. Feeling better takes time, but you can get there, if you make positive choices for yourself each day.

Recovering from depression requires action, but taking action when you're depressed is hard. In fact, just thinking about the things you should do to feel better, like going for a walk or spending time with friends, can be exhausting. It's the Catch-22 of depression recovery: The things that help the most are the things that are the most difficult to do. There's a difference, however, between something that's difficult and something that's impossible.

### Depression self-help tip 1: Cultivate supportive relationships

Getting the support you need plays a big role in lifting the fog of depression and keeping it away. On your own, it can be difficult to maintain perspective and sustain the effort required to beat depression, but the very nature of depression makes it difficult to reach out for help. However, isolation and loneliness make depression even worse, so maintaining your close relationships and social activities are important.

### Depression self-help tip 2: Challenge negative thinking

Depression puts a negative spin on everything, including the way you see yourself, the situations you encounter, and your expectations for the future. But you can't break out of this pessimistic mind frame by "just thinking positive." Happy thoughts or wishful thinking won't cut it. Rather, the trick is to replace negative thoughts with more balanced thoughts.

### Depression self-help tip 3: Take care of yourself

In order to overcome depression, you have to take care of yourself. This includes following a healthy lifestyle, learning to manage stress, setting limits on what you're able to do, adopting healthy habits, and scheduling fun activities into your day.

### Depression self-help tip 4: Get regular exercise

When you're depressed, exercising may be the last thing you feel like doing. But exercise is a powerful tool for dealing with depression. In fact, studies show that regular exercise can be as effective as antidepressant medication at increasing energy levels and decreasing feelings of fatigue.

### Depression self-help tip 5: Know when to get additional help

If you find your depression getting worse and worse, seek professional help. Needing additional help doesn't mean you're weak. Sometimes the negative thinking in depression can make you feel like you're a lost cause, but depression can be treated and you can feel better! Even if you're receiving professional help, don't forget about self-help. These tips can be part of your treatment plan, speeding your recovery and preventing depression from returning.

# Labor Day

(excerpts from *About Money* by Randy Duermyer)



For a lot of people, Labor Day means two things: a day off and the end of summer. But why is it called Labor Day? Labor Day is a day set aside to pay tribute to working men and women. It has been celebrated as a national holiday in the United States and Canada since 1894. The first Labor Day parade occurred Sept. 5, 1882, in New York City. The workers' unions chose the first Monday in September because it was halfway between

Independence Day and Thanksgiving. The idea spread across the country, and some states designated Labor Day as a holiday before the federal holiday was created. The three-day Labor Day weekend can be a great opportunity to step away from your home business or work at home job, recharge your batteries and spend some quality time with your family.



### Why Do We Celebrate Labor Day?

The original intent of Labor Day was to provide a holiday that would honor the social and economic achievements of American workers. Essentially, it was intended to be, and in many ways remains, an annual national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

## IAM Peer Employee Assistance



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that address the difficulty you are experiencing.

### CLE IAM EAP Coordinator

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## Calendar

2014

**September 8-12**

EAP Special Topics  
William W Winpisinger Education  
Center

**September 29 - October 3**

EAPA World Conference  
Lake Buena Vista Hyatt  
Orlando, Florida

**October 5 - 10**

EAP - III  
William W Winpisinger Education  
Center

**November 9 - 14**

EAP - I  
William W. Winpisinger Education  
Center