



Dealing with Winter Depression

(excerpts from GoodTherapy.org December 12,2014)

Recognize that Depression Is Not a Sign of Weakness

It's not just sadness. Unfortunately, a lot of people still don't understand that. Stigma still exists that prevents people from getting help, but know that you are not alone. Millions, including everyday people and celebrities, have talked about their struggles with depression, received help and are in recovery.

Don't Be Afraid to Get Help From a Professional

Start by making an appointment with your family physician. Rule out any physical causes for why you're feeling down. Ask for a mental health referral. Your EAP (listed on the next page) can help. It's important to find someone that you feel comfortable with. Mental health providers have specific areas of expertise. If one doesn't work for you, there's another out there who might be a better fit. Explore your options. There are many types of treatment for depression. Meditation, yoga, acupuncture, acupuncture are a few methods of dealing with a depression that are very effective.

Don't Struggle in Silence

Confide in someone you trust. Join a support group, either face-to-face or online. There are free, peer-run support lines that provide the opportunity to speak to a peer. Talking about what you are experiencing with someone you trust is a good beginning to addressing depression.

Be Patient

Although you might not experience immediate rather than huge changes overnight. Be blunders and mistakes you may have made. the future. Keep your inner dialogue positive. your resilience and helping you through a



results, hang in there. Look for gradual improvement compassionate towards yourself. Forgive yourself for You're doing the best you can. Resolve to do better in Positive thinking can go a long way toward increasing depressive episode.

Do Things That You Find Relaxing or Fun

Listen to uplifting music, garden, play with a pet or spend time doing things that make you feel good. Take a vacation or staycation if you can. Doing what you love can have lasting effects after you finish.

Get Outside

Spending time outside improves your mood, reduces stress and anxiety, gives you energy and improves focus. Find the time to soak up some rays and get your daily dose of Vitamin D.

Exercise

Exercising releases feel-good endorphins into your brain and can lift your mood. Take long walks, jog, play tennis, join a fitness club - find forms of exercise that you enjoy. Find an exercise routine and stick to it. Start small. If you haven't exercised in a while—or have never really gotten into it—that's OK! Set a small goal to start out with—just 10-15 minutes a few times a week. Once you get used to the routine, keeping it going will get easier.

Safe Children

(excerpts from cdc.gov)



Young children experience their world through their relationships with parents and other caregivers. Safe, stable, nurturing relationships and environments between children and their caregivers provide a buffer against the effects of potential stressors and are fundamental to healthy brain development. They also shape the development of children's physical, emotional, social, behavioral, and intellectual capacities, which ultimately affect their health as adults. As a result, promoting safe, stable, nurturing relationships and environments can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Safety, stability, and nurturing are three critical qualities of relationships that make a difference for children as they grow and develop. They can be defined as follows:

- **Safety:** The extent to which a child is free from fear and secure from physical or psychological harm within their social and physical environment.
- **Stability:** The degree of predictability and consistency in a child's social, emotional, and physical environment.
- **Nurturing:** The extent to which a parent or caregiver is available and able to sensitively and consistently respond to and meet the needs of their child.

For more information on the importance of safe, stable, nurturing relationships and environments:

www.cdc.gov/ViolencePrevention/pdf/CM_Strategic

IAM Peer Employee Assistance Program



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 addressed the difficulty you were experiencing.

CLE IAM EAP Coordinator

Patty Levstik

E-Mail: pattylevstik@gmail.com

IAM EAP Midwest Region Representative:

Mark Sanderson

(773)-601-5081 E-Mail: msandersoneap@gmail.com

IAM EAP Calendar

2017 EAP I-IV

Classes

William W. Winpisinger Education
and Technology Center

EAP I

February 19-24

October 1-6

EAP II

April 9-14

EAP III

June 25-30

EAP IV

September 17-22