



COPING UNDER QUARANTINE; DEPRESSION & LOW MOOD





INTRODUCTION TO DEPRESSION & LOW MOOD

What's The Point
Not Interested In Anything
I Feel Alone
I Hate Myself
Who Would Like Me
I Want To Cry All The Time

If you can resonate with any of the thoughts above, you may have suffered with depression at some point during your life.

Mental health problems are as common as 1 in every 4 people suffering each year. In England alone, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

In theory, this relates to 3.3 in 100 people in England suffering with depression alone each year.



WHAT IS DEPRESSION?

A common mental health problem, depression affects a lot of people here in the UK and around the world. While mild forms of depression should be looked at seriously, they do not hinder everyday life.

However, the most severe cases of depression can have profound effects on people and can lead to thoughts of self-harm and suicide.





SIGNS & SYMPTOMS

If you have noticed any emotions, thoughts or behaviours listed to the right, you may be experiencing depression. While many people feel these emotions or display those behaviours, if they remain for a number of weeks, and are present at most times of the day, it may be that you are depressed.

Depression can leave people feeling hopeless, alone and blaming themselves for all the faults they perceive to have. Many people start to feel negative about themselves, the world and the future. This can lead people to lose interest in things they used to enjoy and stop getting any satisfaction in seeing people, this results in them withdrawing from social circles.

A common theme in people who are depressed is they no longer recognise themselves, they have become a different person. The good news is, there is so much research into depression and there are many things that can help from physical exercise to therapy.

THESE ARE SOME OF THE SYMPTOMS YOU MAY EXPERIENCE IF YOU ARE DEPRESSED

Emotions & Feelings

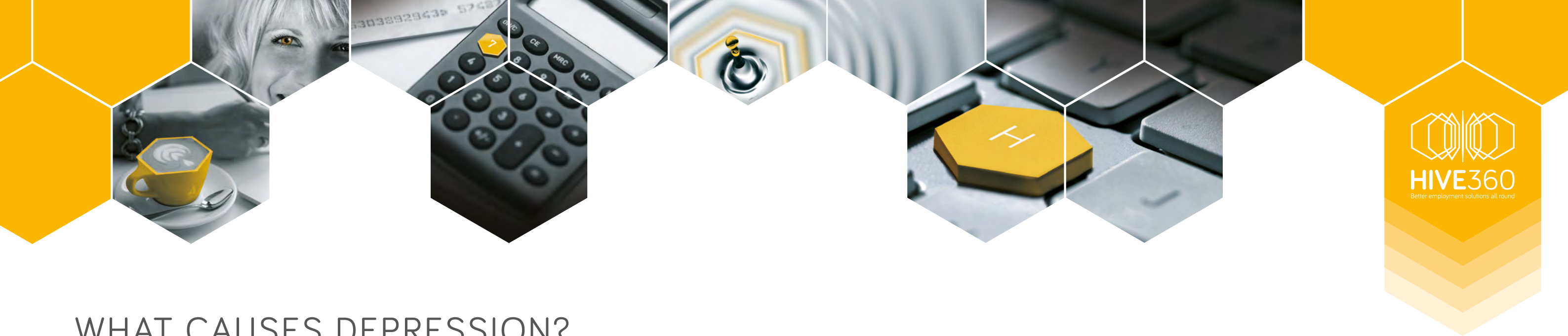
- Feeling sad, guilty, upset, despairing or numb
- Losing interest in and not enjoying things, crying a lot or unable to cry when a truly sad event occurs
- Feeling alone even if you are with people
- Feeling angry and irritable about the smallest things

Physical & Behavioural issues

- Tiredness or lack of energy
- Restlessness and sleeping problems
- Changes in weight, appetite and eating
- Not making decisions
- Putting things off
- Avoiding seeing people

Thoughts

- No self confidence
- Thinking everything seems hopeless
- Thinking you hate yourself
- Poor memory or concentration
- Thoughts of suicide



WHAT CAUSES DEPRESSION?

There is no single factor that causes depression, it's more often than not a blend of issues that can result in someone developing depression and it can be different from person to person.

It can range from external issues like low income, bereavement, loneliness, relationship problems or even losing your job. However, it can also be that someone has a family history of depression, or has experienced something traumatic at a young age and sometimes, there is no clear reason at all.

Just like causes can vary from person to person, so can the treatments. What works for one person, won't necessarily work for another. Some people need medication to help stabilise their neural chemistry, others need to make changes in their life or their thoughts to fight their depression. Sometimes just getting active can help fight it, as you can see depression is a complex disorder.





RESEARCH INTO DEPRESSION

Lot's of research has gone into understanding depression, we are slowly starting to understand what leads people to become depressed and what sustains it.

What we know for sure is that our body, behaviours and most importantly, our thoughts play a huge role in depression.

Everyone goes through low moods at one point or another, some people more often than others. However, when depression develops things are alot more serious. There can be changes in body chemistry and energy levels and this can create a lack of interest and enjoyment, casuing someone to withdraw from anything mentally or physically stimulating.

Once someone withdraws from the things they are interested in or enjoy doing, that has left space in the mind for more gloomy thoughts to come in an take over.

IN SUMMARY

There is no one cause for depression. It's a mixture of traumatic experiences difficult circumstances, body chemsitry and individual differences. However when someone is depressed you can usually see a drmaatic shift in their behaviour, the way they feel about things and how they think.

WHAT TREATMENTS ARE AVAILABLE FOR DEPRESSION?

Most people will be treated by a doctor, who might suggest things like exercise, antidepressent medication, talking therapy or a mixture of all three.

Talking Therapies



This can be counselling or Cognitive Behavioural Therapy (CBT). These therapies will help you understand your difficulties and begin to work out ways of overcoming your depression.

They can be offered in person, over the phone and even online. Whatever method of therapy is used, please note it can take time to feel the benefits. Treatments of this kind have helped many people and can be very effective so don't give up on it too soon!

Antidepressants



Usually prescribed by a doctor, Antidepressants help re-balance your brain's neural chemistry. They are not addictive and once you begin to feel better your doctor will work with you on a plan to slowly stop taking them.

When you begin a course of antidepressants it is important to remember that they take time to work, usually 2-4 weeks. So make sure you take them regularly to get the benefit.

If you are taking antidepressants it is important to consult your doctor before taking any other tablets, drugs or alcohol.



HOW CAN I HELP MYSELF?

The way you think and feel can effect the way you behave. It is difficult to suddenly start feeling better. But you can change the things you do, which will help the way you think and in turn change the way you feel.

This can be done with or without the help of doctors and medication, depending on what your GP and you both feel is best.

Increasing helpful activity

Research tells us that physical activity is extremely helpful in overcoming depression. Some studies have shown exercise to be just as effective as anti depressants.

Here we list just a few steps you can take to really start enjoying yourself again.



Positive Steps

Do exercise

Join in activities

Mix with people

List things to do

Do things you enjoy and value



We hope this resource has helped you, if you need any further resources around mental and physical wellbeing, please visit our

Business continuity and keeping your employees engaged through Covid-19

page on our website, you will find everything we offer our clients employee's there, for free during this time. We hope you get some comfort and value from these.

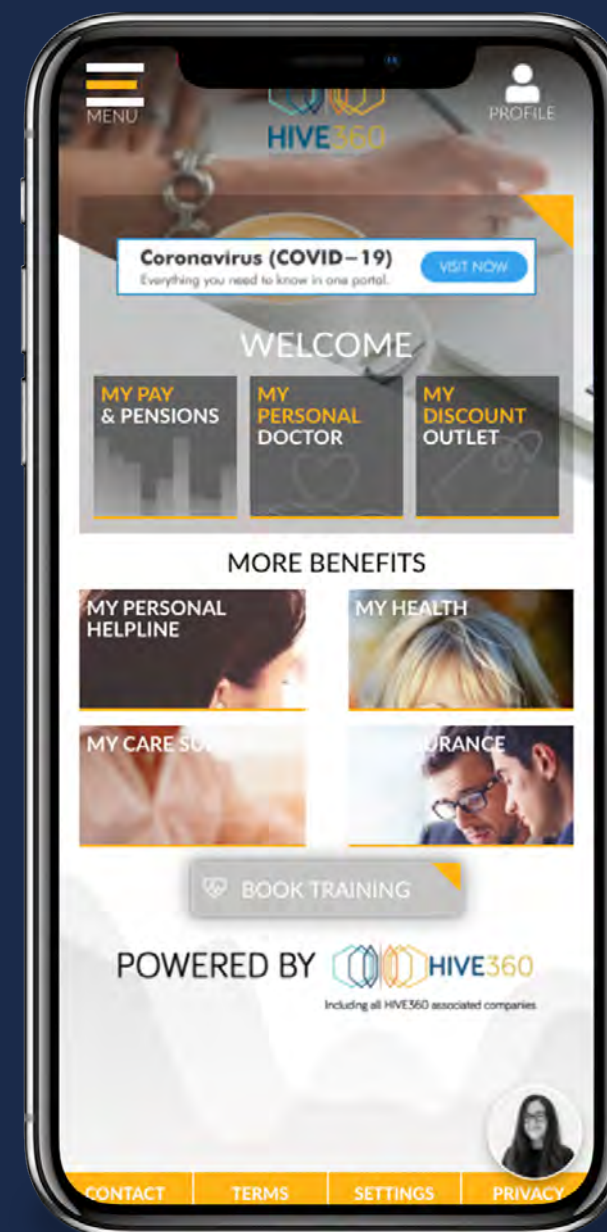
Stay safe, stay healthy, stay at home.

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Hive360 empowers businesses of all sizes to achieve better engagement with their people.

We believe that everyone deserves the best work-life experience and that great communication, wellbeing support and financial benefits are the cornerstones of this.

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