



Coping With Depression

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Depression is quite common in the United States, afflicting approximately 35 percent of women and 25 percent of men sometime during their lifetimes. January can be an especially difficult time in regards to depression for several reasons.

First, the post holiday season can be stressful as people return to work and get back to business as usual.

Second, financial problems can cause stress as people receive their January bills and realize they spent too much money on the holiday season and thus causing the person to feel overwhelmed by his or her economic situation.

Third, for those who do not have many friends or family, the holiday season itself can be very stressful given the emphasis on being alone and not with loved ones.

Depression can be severe and debilitating. Common symptoms include:

- Irritable mood
- Diminished interest or pleasure in daily activities
- Significant weight loss or weight gain
- Insomnia or hypersomnia
- Fatigue or lack of energy
- Feelings of worthlessness or guilt
- Difficulties concentrating or making decisions
- Recurrent thoughts of death or suicide

Fortunately, there are effective treatments for depression such as psychotherapy and anti-depressant medications. For those experiencing serious depressive symptoms, it is highly recommended that they seek professional help as soon as possible. Delaying treatment would only prolong the pain and suffering unnecessarily.

There are several things all people can do to cope better with feelings of depression and improve their mood. These include making time for enjoyable activities, getting proper sleep and exercise, and spending more time with friends and family.

It can be easy to forget to make time each day for enjoyable activities. It is important to schedule daily activities that are enjoyable such as going for a walk, reading an interesting book, visiting a friend, playing games, etc.

One of the best ways to improve one's mood

is to get adequate sleep and exercise. Most people need at least 7 to 8 hours of sleep per night to feel refreshed and energized in the morning. Having a regular bedtime and wake time also improves the quality of sleep.

Exercise does not have to be intense or painful to be effective. In fact, moderate levels of exercise have been found to be the healthiest. Moderate exercise, such as walking, jogging, or playing sports 30 minutes a day, three to five times a week, is related to improving sleep quality and mood. In a study of older adults, moderate exercise led to the same amount of reduction in depressive symptoms as did the use of an anti-depressant medication.


Finally, spending time with friends and family members has been found to improve people's mood. People are also more likely to make healthy lifestyle changes when they have support from others.

To maximize your chances of having a healthy and happy new year, make goals to engage in pleasurable activities everyday, to sleep better and exercise more, and to spend quality time with others. To encourage your success, do one or more of the following:

- Sign up for Y Be Fit
- Exercise with a friend
- Schedule time each day for an enjoyable activity
- Do fun things with family/friends at least weekly

“It is estimated that over six million people in the United States need professional help for depression.

Mental depression is not the same as feeling blue. Everyone has times of feeling blue. People often refer to these feelings by saying they are ‘depressed’. However, mental depression is more intense, lasts longer, and significantly interferes with day-to-day activities.” - www.cdc.gov/nasd



**Blood Pressure and Glucose:
The Facts**
Well & Wise Seminar

Presented by JoAnn Abegglen
from the College of Nursing

Wednesday, January 15, 2003
12:00 p.m. - 1:00 p.m.
3238 WSC

Learn why these screenings are important and how to improve results.

Nurses will be there to check your Blood Pressure and Glucose from 11:30 a.m. to 12:00 p.m., and 12:45 p.m. to 1:00 p.m.!

Can't make it?
Join us at any of our other blood pressure and glucose screenings throughout the semester:

Jan 27	198 BRWB	9-11 a.m.
Feb 12	WSC (booth near food court)	10 a.m. - 2 p.m.
Feb 24	210 RB	9-11 a.m.
Mar 10	A-91 MTC	9-11 a.m.
Mar 24	745 SWKT	9-11 a.m.
April 7	A-203 ASB	10-12 a.m.

BYU Wellness Program

Brighten Your Mood

Friday, January 24, 2003
11:45 a.m. - 1:00 p.m.

Come learn more about depression and how to brighten your mood. Enjoy great exercise, healthy food, and fun prizes.

*First 150 registrants receive mini-flashlights.

Register during the first half hour at the Smith Field House indoor track.

Human Resource Services *
Brigham Young University 2003

www.byu.edu/wellness

BYU Wellness Program

Cholesterol Screening


Tuesday, February 4 3211 WSC 7:30 - 11:00 a.m.	Wednesday, February 5 3211 WSC 7:30 - 9:30 a.m.
Thursday, February 6 3211 WSC 7:30 - 11:00 a.m.	

Register for an appointment online at <http://www.byu.edu/wellness> or call 8-5884.

Please remember to fast 12 hours prior to your appointment. You may drink water during your fast.

You may already know that cardiovascular disease is the #1 killer in the United States...

But what are you doing to prevent it?



Heart 2 Heart

Two Week Mini-Challenge

Join the BYU Wellness Program in honoring February as National Heart Month by taking on this two week challenge filled with daily activities and tips!

February 3-14, 2003
Registration Deadline: January 29, 2003

To register, or for more information, go to www.byu.edu/wellness.