

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

What is Mental Health?

The Canadian Mental Health Association describes mental health as:

"... striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process... Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance."

Mental Fitness Tips:

(Source: www.cmha.calgary.ab.ca)

Just as your body needs regular exercise to stay healthy, so does your mind and soul. By taking time to nurture your mental health, you will build stronger mental and emotional "muscles," and be better able to cope with the stress, setbacks, and challenges of everyday life.

Take some time away: Take a vacation, or even just spend a weekend or a night away. Taking the time to "re-charge your batteries" can actually increase your productivity and focus when you return.

Collect positive moments: Make a point of recalling times when you have experienced pleasure, comfort, confidence or other positive things. These positive affirmations can go a long way on a bad day.

Enjoy the moment: Stop rushing. Take time to enjoy what you are doing while you are doing it.

Enjoy hobbies: Taking up a hobby brings balance to your life by allowing you to do something you enjoy.

Express yourself: Expressing yourself in a journal or by talking after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.

Get on top of your finances: Financial stressors can take their toll on individual health and relationships. Seek out a financial advisor or speak to someone at your bank who can help you.

Eat well and keep fit: Certain foods can affect your moods, so make sure you eat a balanced diet, and keeping active can help both your mental state and your self-confidence.

Depression

(Source: www.cmha.calgary.ab.ca)

Problems and misfortunes are a part of life. Everyone experiences unhappiness, and many people may become depressed temporarily when things don't go as they would like. Experiences of failure commonly result in temporary feelings of worthlessness and self-blame, while personal losses cause feelings of sadness, disappointment and emptiness. Such feelings are normal, and they usually pass after a short time. This is not the case with depressive illness.

What are the signs of depression?

Feeling worthless, helpless or hopeless, sleeping more or less than usual, eating more or less than usual, having difficulty concentrating or making decisions, loss of interest in taking part in activities, decreased sex drive, avoiding other people, overwhelming feelings of sadness or grief, feeling unreasonably guilty, loss of energy, feeling very tired, thoughts of death or suicide.

How is depression treated?

Most people who suffer from depression are helped by the treatment they get, which usually includes medication and/or psychological counselling (call Lucille (5911) to learn more about employee benefits). Support from family, friends and self-help groups can also make a big difference.

Interesting facts:

12.5% of MRC employees say that depression, seasonal affective disorder or anxiety disorder has affected their performance at work or caused them to miss time from work. (MRC Employee Survey, 2007 n = 530)

23.4% of MRC employees have been diagnosed with depression. (MRC Employee Survey, 2007 n = 530)

11.3% of MRC employees that have been diagnosed with depression are currently in therapy, and 40.3% are currently taking medication for depression. (MRC Employee Survey, 2007 n = 530)