



Psychological  
Health  
Roanoke, PC

# Advantage EAP

## Employee Assistance Program

August 2010

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Advantage EAP offers expanded hours in the New River Valley!!!

As of May 5<sup>th</sup>, 2010, Advantage EAP has added additional hours in Radford at 22 Montgomery Street. Call 1-800-699-9396

Online Resources may be found at the bottom of this newsletter.

## Depression and Resiliency



According to the National Institute of Mental Health, some 18.8 million American adults suffer from depression during any 12-month period. Depression is a common mental disorder whose symptoms include depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, low energy, poor concentration and disturbed sleep or appetite. While depression may be a hard disorder to overcome, it can be treated successfully with psychotherapy, medication, or both. While these treatments are proven successful means of treating depression, helping to establish some resilient trait facts may also help a person with depression become better able to handle life's challenges.

### What is Resiliency?<sup>1</sup>

You may be wondering, what exactly is resiliency? Resiliency is the ability to cope with stress and catastrophe. It also includes the ability to spring back from and successfully adapt to adversity.

### So how exactly can resiliency help depression?<sup>2</sup>

Ultimately, depression may be caused by genetic factors, a shared environment, or a mixture of both. While the exact cause isn't clear, it's important to realize that people suffering from depression do have options to help them fight their battle. As mentioned earlier, depression may be fought with pharmaceutical drugs, psychotherapy and through cultivating skills of resiliency for that individual. Resiliency, and more specifically the way we talk to ourselves- the way we explain events and our part in the good or bad things that happen to us, also called our "explanatory style"- can make the difference between being happy and optimistic or not. The way in which we explain tragic, tough or emotionally-hard events happening to us can either produce feelings of depression or produce resiliency to spring back from these tough situations.

Resiliency allows a person the skills to face tough situations with the mind-set that they can be overcome, rather than allowing thoughts and events get you down and depressed.

### Locations:

2727 Electric Road, Ste 100  
Roanoke, VA 24018

200 Professional Park Drive  
Unit 1  
Blacksburg, VA 24060

Alleghany Regional Hospital  
1 ARH Lane, Room 529  
Low Moor, VA 24457

22 Montgomery Street  
Radford, VA 24141

### Contact Us:

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call  
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

## How Can I Become Resilient<sup>2</sup>?

While cognitive therapy is one effective way to help cultivate resiliency, there are some steps you can take to independently to face the tough situations that life may throw at you.

- Create your own luck by using your strengths- this includes honing in on problems and recognizing when you've been successful
- Reach out- spend your time with people you respect and value
- Plan ahead- dealing with obstacles may be easier when you've given yourself preparation for situations (for example, having extra money in your savings account for times of need)
- Sleep, play, exercise
- Pay attention to your diet- several studies have suggested that fish-oil with omega 3 fatty acid eases depression. Consult with your doctor first before using dietary supplements.
- Change your explanatory style- become more realistic about what's happening in your life, become aware of your thoughts and feelings when something bad happens and examine those to see your outlook on situations



### Signs of Depression<sup>3</sup>:

Knowing the signs and symptoms of depression are also key in helping to recognize when situations may be hurting your mental health, and also when it may be time to enact your newly found skills about resiliency. The following are signs of depression according to the American Psychological Association:

- Inability to experience pleasure
- Lack of interest in activities you used to enjoy
- Insomnia or sleeping too much
- Loss of appetite or significant weight gain

- Lack of energy
- Very low self-worth
- Inability to concentrate
- Suicidal thoughts

**Advantage EAP is a benefit provided by your employer. There are counselors with Advantage EAP who have the training and experience to help with these issues.**

**Please contact your Advantage EAP at:**

**(540) 989-6605 or 800-699-9396**

**Or visit our website at: [www.psychhealthroanoke.com](http://www.psychhealthroanoke.com)**

**Or our Blog at: <http://psychhealthroanoke.blogspot.com/>**

**Resources from this newsletter:**

- 1) **Resiliency in Action:**  
<http://www.resiliency.com/htm/whatisresiliency.htm>
- 2) **Depression and Resilience Article-By Andrea Cooper (Neurology Now, March/April 2010)**
- 3) **American Psychological Association, Depression:**  
<http://www.apa.org/topics/depress/index.aspx>