



# Mental Health Month

## HOW TO HELP SOMEONE WHO IS DEPRESSED

When someone you know is depressed, it's understandable if you feel helpless. If you've never suffered from clinical depression, how are you going to know what to say and do, or how it feels?

### WAYS TO HELP SOMEONE YOU KNOW

**Listen.** Keep in mind that the person with depression isn't communicating well right now, and is probably speaking slower and less clearly. Be patient and don't interrupt. Don't be judgmental.

**Take care of little tasks** like feeding or walking their animal(s) or doing the laundry. (This suggestion applies if you don't live with the person. If you do live with the person, you probably have to take on all the tasks until they get help and improve).

**Remember that the depressed person is not being lazy.** Think of when you're really sick and you can barely get out of bed to go to the bathroom. That's how someone with depression can feel all the time.

**Learn everything you can about depression.** Knowledge is power and understanding.

**Take it seriously if the person talks about suicide**, especially if they're talking about specifics. Call their doctor for advice on what to do, or take them to the emergency room if the threat is imminent.

**Encourage the individual to get professional help** for depression if he or she is resisting.

Sources: Wing of Madness, NAMI

### WAYS TO HELP YOURSELF

**Take care of yourself.** Depression can be "contagious." Get out and do something for yourself alone.

**Recognize that your feelings** of anger, frustration and helplessness are valid. Talk to a therapist for help in dealing with them. If you are in a sexual relationship with this person, don't take it personally if they have lost interest in sex. **Sexual drive is one of the first things to go when you're depressed.** Offer hugging and cuddling without an expectation of sex.

**Know when to let go.** After a certain point, especially if the depressed person is not getting help or taking their medicine, there's nothing you can do. You have to move on with your own life.



## HEALTH MYTH BUSTERS

1

**Depression is not a real medical problem.**

Depression is a real and serious condition. It is no different than diabetes or heart disease in its ability to impact someone's life.

2

**Depression will just go away on its own.**

While for some people, depression may go away without treatment, this is not usually the case. Without treatment, symptoms of depression can continue for weeks, months or even years.

3

**Talking about depression only makes it worse.**

While it is easy to understand why someone might be worried about discussing their depression, being alone with their thoughts is even more harmful when facing this disorder.



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# SUCCESS STORY

## MEMBER

45 Year Old Male

## GOALS

To improve his lab results to reduce his risk for getting diabetes.

## SUCCESS

Improved lab results; latest A1c is 7.2, HDL increased from 39 to 41, Triglycerides from 169 to 131.

## OUTCOMES

By working with his HMC coach, he is taking his medications as prescribed, continuing to work on his diet and exercise to help him accomplish and maintain his goal.

## IN HIS OWN WORDS

"I knew my numbers were up and this scared me. After a follow up with my PCP, I was happy to hear my results were improving."

**WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).**



## SHEET PAN TERIYAKI CHICKEN

### Ingredients - Serves 4

- 2 cups chopped bell peppers
- 2 cups broccoli florets
- 3 cups fresh pineapple chunks
- 1 medium red onion
- 1/2 tsp. sea salt
- pinch pepper
- 32 oz. boneless skinless chicken breasts
- 1/2 cup teriyaki sauce divided

### Directions

1. Preheat oven to 400°.
2. Chop the onion and peppers into large chunks and add to a cookie sheet with the broccoli florets and pineapple chunks. Toss with sesame oil, salt and pepper until everything is coated.
3. Place the chicken between two sheets of cling wrap and using a meat tenderizer or heavy rolling pin, tenderize the chicken until it is an even 1/2 inch thick.
4. Create 4 openings in the veggies for the tenderized chicken breasts. Place the chicken into the openings on the sheet pan and brush with 1/4 cup teriyaki sauce.
5. Bake at 400° for 20 minutes, or until the internal temperature reaches 165°.
6. Brush the remaining 1/4 cup teriyaki sauce over chicken. Divide the fruit, vegetables and chicken into four bowls and serve immediately.



Click [here](#) for more healthy recipes.