



# TheLexLine

A newsletter from The **Lexington** Group, Inc.  
Employee Assistance Program

**WINTER 2011**

## For Your Information

### NEW YEAR'S RESOLUTION SUCCESS

According to a recent survey, only 40 percent of those who successfully achieved their top New Year's resolution did so on the first attempt. The rest made multiple tries, with 17 percent finally succeeding after more than six attempts.



The survey researchers recommend these tips for resolution success:

1. Have a strong initial commitment to make a change.
2. Have coping strategies to deal with problems or obstacles that are sure to come up.
3. Keep track of your progress. The more monitoring you do and the more feedback you get, the better you'll do.

Don't blame yourself if you fail, say the researchers. Instead, look at the barriers that were in your way. See how you can do better the next time and figure out a better plan to succeed.

### TIPS TO RELIEVE JOB STRESS

1. Set reasonable standards for yourself and others. Don't expect perfection.
2. Plan your work. Tension builds when your work seems endless. Plan your work to use time and energy most efficiently.
3. Take a break. A change of pace, no matter how short, can give you a new outlook on an old problem.



## IMPROVING YOUR LIFE

### Depression: What You Need To Know



- What are the signs of depression?
- How do men cope differently than women?
- What should you do if you're depressed?

According to the National Institute of Mental Health, an estimated 17 million Americans suffer from depression during any one-year period. Depression is a real illness and carries with it a high cost in terms of personal struggle, relationship problems and family suffering.

The good news? Depression is highly treatable. Mental health experts say that up to 90% of those with serious depression can be treated successfully, but that it is imperative they seek care from a healthcare professional who has training and experience in helping people recover from depression.

Tragically, about two-thirds of those suffering from depression never seek treatment, often because they are totally unfamiliar with the condition and its symptoms. Do you know the signs of depression? Read the information below to learn more.

#### Symptoms of Depression

The symptoms of depression are highly recognizable – both to those affected and to those closest to them – once individuals know what to look for. If you experience several or more of the symptoms below for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine, you may be suffering from depression and should seek professional help.

The standard symptoms of depression include:

- Persistent, sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities that were once enjoyable, including sex
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, or making decisions
- Trouble sleeping, early morning awakening, or oversleeping
- Changes in appetite and/or weight
- Restlessness or irritability
- Persistent physical symptoms, such as headaches, digestive disorders, and chronic pain that do not respond to routine treatment
- Thoughts of death or suicide, or suicide attempts

**Note:** Professional help should be sought immediately if a person is experiencing suicidal thoughts. Get help from persons or agencies specializing in crisis intervention and suicide prevention.

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## Depression...

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### Additional Symptoms of Depression in Men

Mental health experts say that while both women and men can develop the standard symptoms of depression, men often experience depression differently than women and may have different ways of coping. Frequently, male depression first shows up in physical symptoms, such as headaches, digestive disorders or sexual dysfunction. In addition to the standard symptoms of depression listed above, other common symptoms of depression in men can include:

- Anger, lashing out, blaming
- Alcohol or drug abuse
- Workaholism
- Reckless behavior

### Recovering From Depression

There are many effective treatments for depression, including therapy, medications and alternative treatments. An appropriate evaluation and diagnosis must precede any effective treatment. If you suspect that you or a family member may be suffering from depression, follow these guidelines:

**1. See your regular physician.** The first step is to see your regular physician and explain the symptoms you have been experiencing. Sometimes an actual physical illness can cause depression-like symptoms, so that is why it is best to see your doctor first.

**2. Seek the care of a licensed mental health professional.** See a licensed mental health professional – with training and experience in helping people recover from depression – for further evaluation and treatment. Mental health professionals include psychiatrists, psychologists, counselors and social workers. Psychiatrists can prescribe antidepressant drugs because they are physicians. Mental health professionals, who are not physicians, can provide therapy and often work with psychiatrists and family physicians to ensure that their patients receive the medications they may need.

**3. Follow your treatment plan.** Up to 90% of people with serious depression can be treated successfully with “talk” therapy, antidepressant medications, alternative treatments, or a combination of these. Successful treatment removes all of the symptoms of depression and returns you to your normal life.

**For help with depression...**contact your Employee Assistance Program (EAP). We're here to help you.

# How To Recognize A Teenager In Trouble



Every teenager goes through ups and downs during their adolescent years, but certain behaviors may indicate your teen is in trouble and in need of your help. The warning signs below can help you differentiate between what is normal teen behavior, and what may indicate drug/alcohol abuse, depression or other problems:

### Warning Signs

- **A change in friends.** Suddenly abandoning old friends for new peers who you know nothing about or who are unacceptable to you.
- **Sudden drop in school performance.** A child who has previously performed well in school is suddenly losing interest in school and grades are plummeting.
- **Extreme mood swings or changes in behavior.** Mood swings are common during adolescence because of the fluctuating hormones of puberty. But, if your child is going from being deeply depressed to extremely happy, you need to figure out what is going on. Other examples: unreasonable fits of anger, very defiant and disrespectful, exhibits hostility toward family members, very withdrawn and barely communicative, wants to be left alone all of the time, radical changes in eating or sleeping patterns.
- **Keeping secrets or lying.** Is your teen telling lies about significant things like where they've been or who they were with? Are they lying about their grades, cutting classes, disappearing for long periods of time without an explanation?
- **Depression.** Is your child unusually quiet or sad? Have they been more withdrawn than usual? Have they changed their relationships with friends, their lifestyle, their eating or sleeping habits, or cleanliness? These are just some of the indicators that beg you to talk to your child and make sure that everything is okay.

**What to Do:** There are numerous other warning signs of a teenager in trouble. If you have noticed major physical, emotional, social and school changes in your teenager, it is important that you take action right away, before the problems get worse and the consequences for your child grow greater. If you need help, contact your Employee Assistance Program (EAP) for professional counseling, referrals or information.

Note: Professional help should be sought immediately if a person is experiencing suicidal thoughts. Get help from persons or agencies specializing in crisis intervention and suicide prevention.

## The Lexington Group

### EMPLOYEE ASSISTANCE PROGRAM

Caring and individualized help for personal and family concerns is only a phone call away.

For confidential help 24 hours a day, call The Lexington Group, an international Employee Assistance Program provider at:

<b>United States</b>	<b>1-800-676-HELP (4357)</b>
<b>Canada</b>	<b>1-800-567-4343</b>
<b>England</b>	<b>0-800-169-6706</b>
<b>Mexico</b>	<b>001-888-819-7162</b>
<b>Puerto Rico</b>	<b>1-800-676-4357</b>
<b>TTY</b>	<b>1-800-955-8339</b>
<b>website</b>	<b>www.the-lexington-group.com</b>