



# TheLexLine

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

**FALL 2017**

## For Your Information

### INCREASE YOUR ENERGY

Take a walk or exercise to lift your energy and mood. Doctors at Duke University say that taking regular walks will help lift depression, lessen tension, increase optimism, boost self-esteem and increase energy.

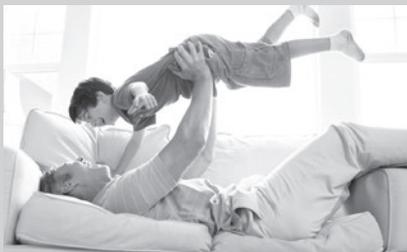
### HOLIDAY BUDGET

To avoid overspending this holiday season, set a budget and keep it – not just for gift giving – but for the top-dollar amount that you can afford to spend for everything including gifts, big family dinners, wrapping paper, decorations, parties, etc.

### BETTER PARENTING

Kids who feel connected to their families have higher self-esteem. They engage in more positive activities and they do better in school. Follow these suggestions to stay connected:

- Eat a meal together
- Schedule time together for family fun
- Spend time together each night before bed
- Know each child's favorite song, music group or sports team
- Know what each child worries about
- Talk and laugh together about traditions, events, etc.
- Strive to learn from mistakes, live your beliefs and talk about them



## RELATIONSHIPS

### What To Do When Your Spouse Or Partner Suffers From Depression



Did you know that untreated depression is one of the main reasons for marital problems and divorce? In fact, in relationships where one of the partners suffers from depression, the divorce rate is nine times higher.

If you suspect that your spouse or significant other may be suffering from depression, you've no doubt already seen the problems escalate in your marriage and life. What can you do to help your partner recover, protect your marriage, and keep from becoming miserable or depressed yourself?

#### Here's What To Do

**1. Educate yourself about all aspects of depression.** Your challenge is to keep your love and your relationship intact until professional treatment can alleviate your spouse's depressive illness. Begin by learning all you can about depression, its symptoms and treatment. The more you know about depression, the better you can help your spouse, your marriage and yourself. Very important:

- Understand that depression is an illness. Your spouse did not "choose" to become depressed.
- Realize and accept that no one is to "blame" for the situation. People do not deserve to be depressed. And, despite what your spouse may say, you are not to blame either.
- Put yourself in your spouse's shoes. You will help your spouse recover faster and help lower your own frustration by learning as much as you can about what depression feels like from your spouse's point of view.

**2. Realize that depression is the foe, not your spouse.** View depression as an "it" that has entered your life and intruded upon your long-established relationship with the person you love. The more clearly you can perceive your spouse's illness as the newly arrived "it," the better you will grapple with "it's" impact on everyone concerned.

**3. Seek professional help.** Encourage your spouse to seek professional treatment as soon as possible. The first step is for them to see a doctor and ask to be examined for depression. Once a treatment program is prescribed, helping may involve monitoring whether your spouse is taking their prescribed medication, or encouraging them to stay with treatment until symptoms begin to abate (several weeks). Helpful: Develop a "we" approach instead of an "I" approach with your spouse toward depression treatment.

## When your spouse suffers...

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**Note:** If depression has been present for a long time, both the depression and the relationship will require attention.

**4. Offer your spouse support and encouragement.** Be there for them. Give them a shoulder to cry on or just listen while they vent their feelings. Be patient with them. Let them know you care. Share the things you've learned while researching depression. Remind them that their depression is not their fault and that they are not weak or worthless. Keep reassuring your spouse that with time and help, he or she will feel better.



photo by johnhope14/cc by 2.0

**5. Take care of yourself.** Living with a depressed person can leave you feeling confused, demoralized, angry and resentful. These feelings are a valid response to a very trying situation. Talk to a trusted friend, join a support group or seek individual counseling to vent your frustrations rather than allowing them to build up inside. Don't allow your spouse's depression to completely overtake your life. Make time for yourself and continue to participate in things you enjoy doing. Periodically take some time to step back from the situation and recharge your batteries.

### Your EAP Is Here To Help

If you suspect that you, your spouse or another family member may be suffering from depression, your Employee Assistance Program (EAP) can help you. EAP counselors are specially trained to help people get the right kind of help for depression. Remember, all EAP services are FREE and strictly CONFIDENTIAL. Why not call an EAP counselor today?

## WELLNESS

# Gratitude Is Good For Your Health

Researchers studying gratitude report that practicing gratitude can improve your health and well-being. Robert Emmons, Ph.D. and colleagues at UC Davis randomly divided study participants into three groups, each which made weekly entries in a journal. One group had to write about five things they were grateful for. Another group was assigned to write about five things they found annoying or irritating.



And a control group was asked to list five events that affected them in some way. At the end of the three-week study, those who focused on gratitude reported feeling better about their lives overall, were more optimistic about the upcoming week and reported fewer health problems when compared to the group that focused on hassles, or the control group.

Other research on gratitude reports:

- Study participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period when compared to study participants who did not focus on gratitude.
- In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of positive moods, better sleep quality and duration and more optimistic ratings of one's life, when compared to a control group.

### Cultivating Gratitude

If you would like to increase your focus on gratitude, the suggestions below can help:

**Maintain a gratitude journal.** Set aside time each day to record at least three to five things that you are grateful for. Psychologists say this is probably the most effective strategy to help you create the habit of focusing on the positive in your life.

**Create a list of benefits.** Create a list of benefits in your life and ask yourself, "To what extent do I take these for granted?" Seeing these benefits in writing can help you become more mindful of the good things in your life.

# 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:

United States	1-800-676-HELP (4357)	Marshall Islands	1-800-676-4357
Canada	1-800-567-4343	Mexico	001-888-819-7162
England	0-800-169-6706	Puerto Rico	1-800-676-4357
Cayman Islands	1-855-328-1185	TTY	1-800-955-8339
Ireland	1-800-812-411		