



## Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

[www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### **Depression - When You Can't Shake The Blues**

Everyone gets depressed in one form or another. Depression is not the same as having the "blues" or the "down" feeling that everyone has from time to time.

The "blue's" and that "down" feeling can be caused by a variety of stresses such as unhappiness with one's job, home life or other factors.

Depression is more than a feeling that may resemble these emotions dips. Depression is a much more pervasive, long-lasting and sometimes life threatening disorder.

Depression can come from financial stress, relationship stress, job stress and imaginary or real emotional stresses. Those things that overwhelm of person's ego skills making them biologically vulnerable to environmental defense mechanisms and other types of coping skills.

Separation from family or loved ones will often cause depression as well as not being able to be home at special occasions.

Another stressor for personnel is workload.

**Symptoms of Depression.** Here are nine symptoms of depression:

- 1) Persistent sad or "empty" mood.
- 2) Feeling hopeless, worthless, pessimistic or guilty.
- 3) Substance abuse.
- 4) Fatigue or loss of interest in ordinary activities.
- 5) Disturbances in eating or sleeping patterns.
- 6) Irritability, increased crying, anxiety or panic attacks.
- 7) Difficulty concentrating, remembering or making decisions.
- 8) Thoughts of suicide, suicide plans or attempts.
- 9) Persistent physical symptoms or pains that to not respond to treatment.

Not all people with depression will experience or have all the symptoms listed.

If a person has four or more of these symptoms that don't seem to go away and have lasted more than two weeks, they should consult a psychiatrist.