

Depression

Signs, Support, and Management

Depression is a common and serious mental disorder that can negatively affect how you feel, think, act, and perceive the world. It may cause you to lose interest in activities you once enjoyed or interfere with how well you're able to function at work or at home. Depression can be closely intertwined with Type 2 Diabetes, as **individuals with depression are at an increased risk of developing diabetes**. The presence of one increases the risk that the other will develop. Those already diagnosed with diabetes can also develop depression. **People with diabetes are 2-3 times more likely to have depression than people without**, and only 25-50% of people with diabetes who have depression get diagnosed and treated.

Some Symptoms include:

- Feeling sad or empty
- Overeating or having no appetite at all
- Feeling very tired and losing interest in activities



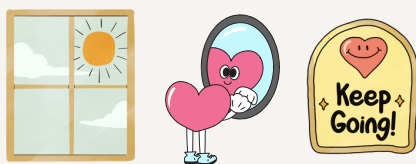
- Having trouble concentrating or making decisions
- Feeling anxious, hopeless, irritable, or guilty
- Having negative thoughts of death or suicide



Native Americans are 11% **more** likely to report a mental illness but were 17% **less** likely to have received mental health treatment when compared to U.S. adults overall. An important aspect of working through depression is taking action. Here are some ideas that may help::

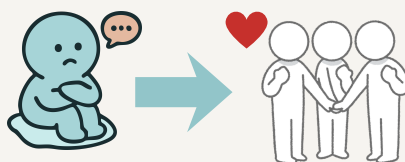
Strategies to Help with Depression

Start with Small Steps



If things feel overwhelming, try starting with smaller steps. This can include opening up a window or blind, sitting up in bed, brushing your teeth, or even going outside for one minute. Challenge yourself to try to do one self-care activity!

Reframe Thoughts



This can help change your perspective. For example, instead of thinking "I'm weak" you can reframe it to "I'm surviving something hard" or "I mess everything up" to "I'm doing my best". This empowers you to break negative thoughts.

Try Healthier Foods



Foods can affect your mood. Sugary foods and drinks can affect depressive symptoms. Fresh fruits can help curb sugar cravings. If you don't have an appetite, try to challenge yourself to find balanced foods that sound appetizing. You can also try tapping into your five senses as a grounding exercise.

If you are experiencing depression symptoms, know there are resources available to help you. Getting a screening is an important first step. Many providers use the Patient Health Questionnaire, which is a 9-question tool that helps screen, diagnose, and measure the severity of depression. Early intervention is best as it allows your provider to integrate mental and physical care in a timely manner. If you would like a screening, feel free to contact your medical provider or primary care integrative staff below:

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