



## SENIOR NUGGET – NOVEMBER 2018

**We salute all those that served our great nation, and to those that made the ultimate sacrifice on our behalf**



**Fly our flag of freedom proudly on Veterans Day (November 11<sup>th</sup>)**

**The holidays are noted for bringing on Depression. The Senior Nugget focuses this month on a problem that affects about 14.8 million adults in the U.S.A. Depression is the leading cause of disability for Americans ages 15-44. At one time or another, each of us has a bit of depression. Handling it, is a different matter, and may require professional assistance.**

**Many of the military return with Depression; it impacts their life, the lives of their loved ones, a true ripple effect. The holidays bring on Depression on among those alone etc.**

### **ARE YOU DEPRESSED?**

### **Below are some common signs of depression:**

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|---|---|
| ~ Feelings of sadness or anxiety  | ~ Feelings of hopelessness              |
| ~ Feelings of guilt, worthlessness/helplessness                                     | ~ Irritability, restlessness            |
| ~ Loss of interest in activities you once liked                                     | ~ Fatigue and energy decline            |
| ~ Difficulty in concentrating, making decisions                                     | ~ Insomnia, or excessive sleeping       |
| ~ Overeating, or appetite loss  | ~ Thoughts of suicide, suicide attempts |
| ~ Persistent aches and pains, headaches or Digestive problem that do not get better | ~ Difficulty with remembering details   |

**WHERE TO GO FOR HELP ... (It is important to seek professional help, otherwise, depression can worsen, lasting for years and causing untold suffering.)**

- **Your Family Doctor** ~ **Community mental health centers**
- **Hospital psychiatry departments and outpatient clinics**
- **Mental health programs/specialists: psychiatrists, psychologists, social worker/counselor**
- **Family services, clergy or Peer Support Groups**

- Private clinics and facilities / Community mental health / State hospital outpatient clinics
- Employee assistance programs or online for “mental health”/Area Hotlines

#### WHEN DEPRESSION STRIKES, THESE ARE SOME WAYS THAT HELP:

**MUSIC** – This is one of those ways that God can instill hope in us and give us peace. There are so many amazing songs that turn the focus to God and away from our troubles

**EXERCISE** - This one is the hardest, as the motivation to get out is so hard – but it makes a huge difference. It gives clarity to the mind and better sleep as a result.

**AROMATHERAPY** – Diffuse essential oils daily, and enjoy such scents as lavender, lemon, and grapefruit. A lavender-scented dryer sheet under pillow aids sleep.

**DIET** – The most important things are:

- Eliminate all drinks except Water
- Get recommended daily servings of fruit and vegetables
- Remove processed & junk foods from diet. Focus on home cooking



**No Plans for THANKSGIVING ... Volunteer at a Cold Weather Shelter. Volunteer at area Food or Soup Kitchens. Be pro-active, invite others, who are also alone, to have a meal at your home (with everyone contributing a dish for the table).**

**Above all ... Count your blessings! Remember to pray and let God open your eyes to your bounties and abilities.**

**To Help A Depressed Friend: Be a good listener. Know what to say, example, say “How can I help you”, instead of “I understand” (you can’t understand, unless you’ve had depression). Let them know you are always there for them and assure them they will not be facing this time alone. Stay in touch – check in with person often, even if quick visit, via email, phone or texts.**

**Did you know... the best vitamin for being a friend is --- B 1**

**HAPPY BIRTHDAY TO ALL CELEBRATING A NOVEMBER BIRTHDAY**

**The Senior Nugget is a Senior Ministries publication, to benefit all age groups**