

Are you Sad & Blue?

Depression can affect the mind, the body, behavior, and important relationships. The key to preventing a serious bout of depression is for all of us to **“spot” it early**, and then take some active, practical steps to reduce its intensity and duration. Here are a number of questions for you, or a family member with someone in the Guard, to think about:

1. I often have sad, anxious or “empty” moods.
2. I think I am much too pessimistic.
3. Lately I have lost significant interest in my usual hobbies and activities.
4. I have a decrease in my energy level.
5. I have less interest in sex in recent weeks.
6. There have been changes in my appetite or weight.
7. Sometimes I have thoughts of death or suicide.
8. I have noticed some difficulties in concentrating.
9. My memory is not as sharp as it has been in the past.
10. I think I am too worried about physical issues.

If you are concerned with your responses to any of these questions, we suggest you call us at the **Guard Your Buddy** program. We have coaches and counselors 24/7, who are ready, at no cost, to speak with you confidentially and privately. Just call us at 855 HELP GYB (855-435-7492). We can help you locate solutions for changing common mood problems. Depression can be treated successfully so that you no longer have to be affected while **on duty at the National Guard or at home**.

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