

February *LifeSolutions* Corner 2009

“I’m having trouble sleeping and have been feeling really blah lately. People keep asking if I’m depressed, but I just don’t know. Can *LifeSolutions* help?”

Yes we can! Many people have difficulty sleeping, feel like they have no energy, and can't concentrate. Others feel irritable all the time for no apparent reason. The symptoms vary from person to person, but if you've been feeling angry or down most of the time for more than two weeks, and these feelings are interfering with your daily life, you may be suffering from depression.

Although most people with depression never seek help, the majority of people who are depressed and do get help respond well to treatment. There are several different kinds of help available. Many times talking with a professional about specific ways to get rid of the symptoms you are having can make a big difference. Sometimes medication is also useful. Treating depression is especially important because your mood affects not only you but also your family, your friends, and your work.

LifeSolutions can work with you to assess what is really going on and to help you get connected to the most appropriate resources. As with many illnesses, the earlier you seek help for yourself, the more effective it will be. Treatment will not eliminate life's inevitable stresses and ups and downs, but it can greatly enhance your ability to manage such challenges and lead to greater enjoyment of life and work.

We also invite you to visit us on the web at www.lifesolutionsforyou.com.

Send us an email with your questions at ask@lifesolutionsforyou.com

