



# **Let's Connect the Dots ...to...Your Mental Wellness**

**to help Yourself, Your Teams & Your Loved Ones**

# Depressed? Who Me?

## How? Wow!

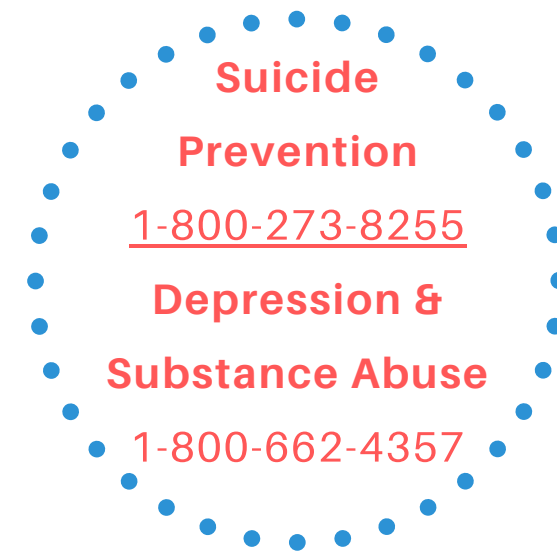
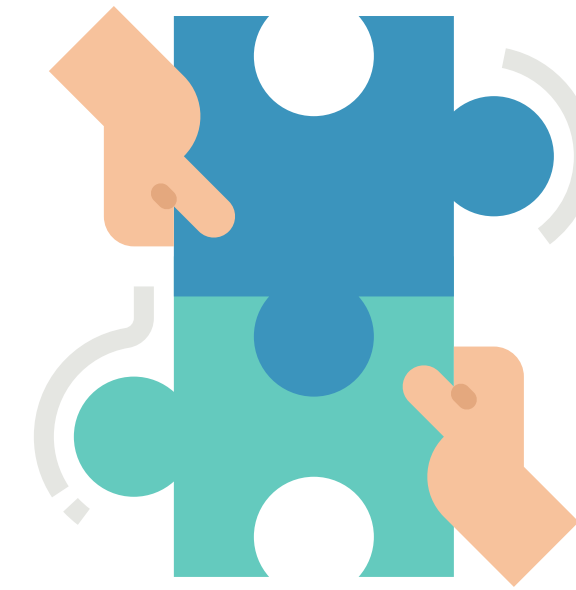
- Depression is not an emotion.
- It's not something you can just "shake off."
- It's an imbalance of the neurotransmitters in your brain.
- It's a medical disease like diabetes, high cholesterol.
- Our symptoms are unique in each one of us.
- If it's been 2 weeks or more of this, It's time to go to the doctor.
- Will you promise me you will go to the doctor today or tomorrow?



# Contributors of Depression

## Hospitality Industry

Top 5 Range for Most Stressful Jobs



It is a major public health problem and a treatable medical condition.

### Genetics

- Genetic Vulnerability
- Hereditary

### Biological

- Medications
- Medical Problems

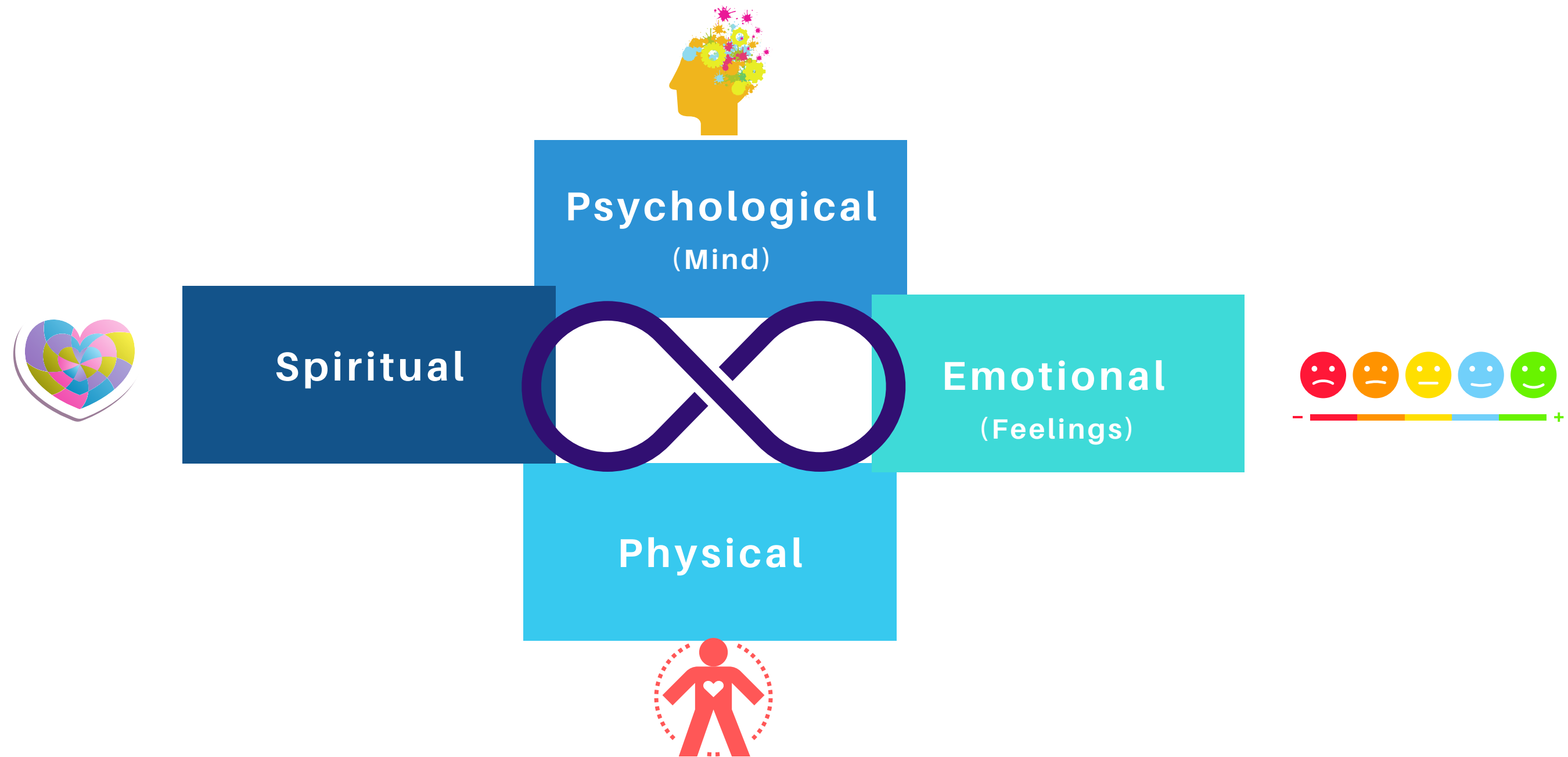
### Environmental

- Stressful Life Events
- Job Loss
- Death
- Divorce
- New Baby
- Wedding

### Psychological

- Faulty Mood Regulation
- Hormonal Imbalance
- Enlarged amygdala
- Increased cortisol

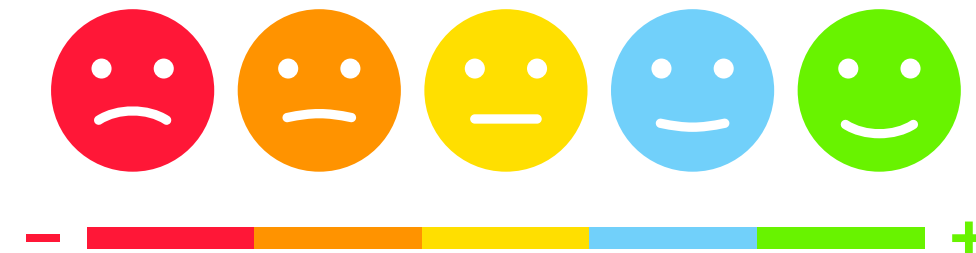
# Symptoms of Depression



# Symptoms - Emotional (Feelings)

Symptoms that last two weeks+ - See Your Doctor

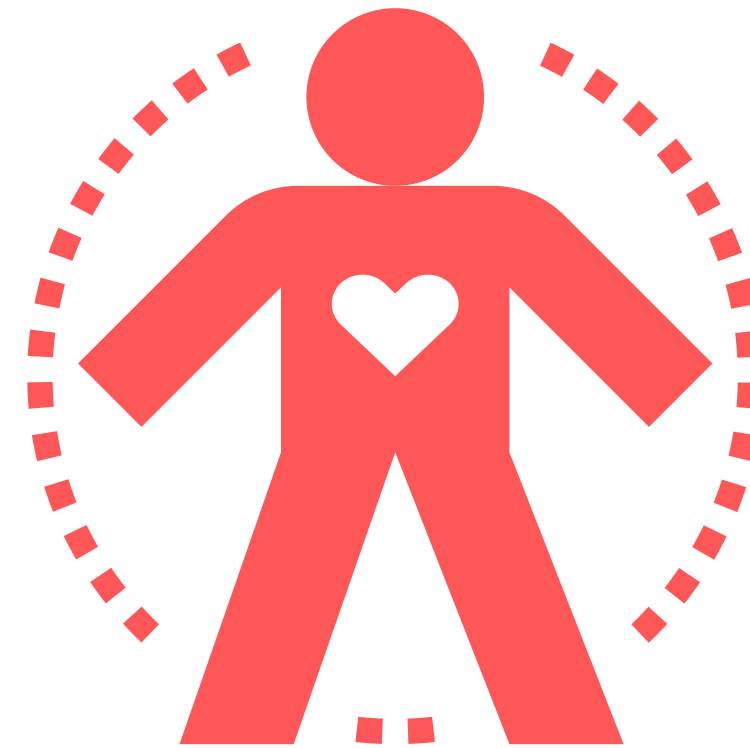
- Sad / Crying
- Angry
- Frustrated
- Rage
- Lose interest / pleasure
- Guilt / Worthlessness
- Lack of hope
- Extreme Moods
- Dark thoughts
- Recurring thoughts of suicide or death



# Symptoms - Physical

Symptoms that last two weeks+ - See Your Doctor

- Headache
- Sleep disturbances
- Excessive sleep
- Back / Muscle aches
- Numbness
- Stomach ache
- Fatigue
- Digestive/Bowel Issues
- Eye Sight
- Sex drive / lack of
- Weight loss / gain





# Symptoms - Psychological (Mind)

Symptoms that last two weeks+ - See Your Doctor

- Hyperfocused
- Obsessed
- Scrambled
- Spiraling
- Disconnected
- Obsession
- Stressed
- Social Isolation
- Relationship Conflict



# Symptoms - Spiritual

Symptoms that last two weeks+ - See Your Doctor

- Disconnected
- Overly sad
- Lose interest in participating in services / practices
- Lack of hope, belief
- Change of beliefs
- Indifferent
- Doubtful
- Dark thoughts





# Solutions for Depression

Each one of us is unique and need different treatments.



**EXERCISE**



**NUTRITION**



**DOCTOR VISIT**



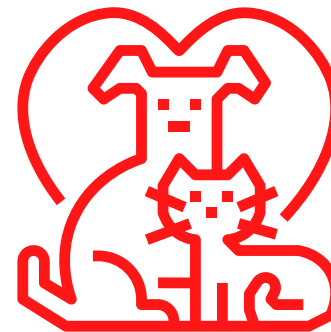
**TALK THERAPY**



**MEDICATION**



**LIGHT THERAPY**



**PETS / SOCIAL  
SUPPORT**



**POSITIVE  
MINDSET**

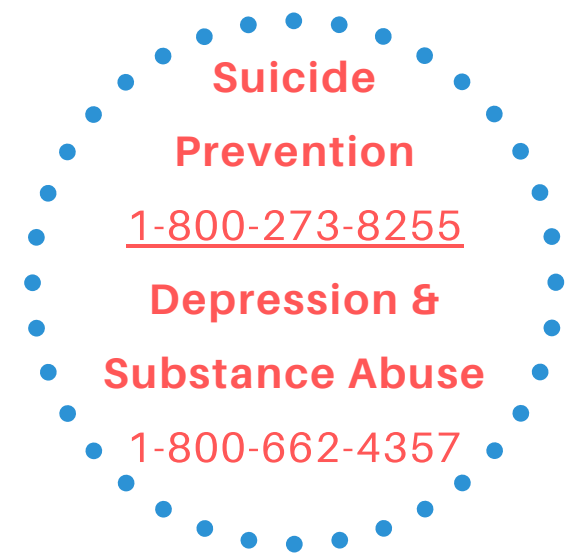
# Build Your Tool Box!

List of Fave Activities  
Journal  
Favorite Photos  
Good Book  
Positive letters to self  
Cards from others  
Funny gifts  
Encouragement cards  
Quotes  
Memories  
Hobbies  
List of people to call  
Toothbrush



# Soundbites to Help Yourself

Call up courage to help yourself and others. You Matter!



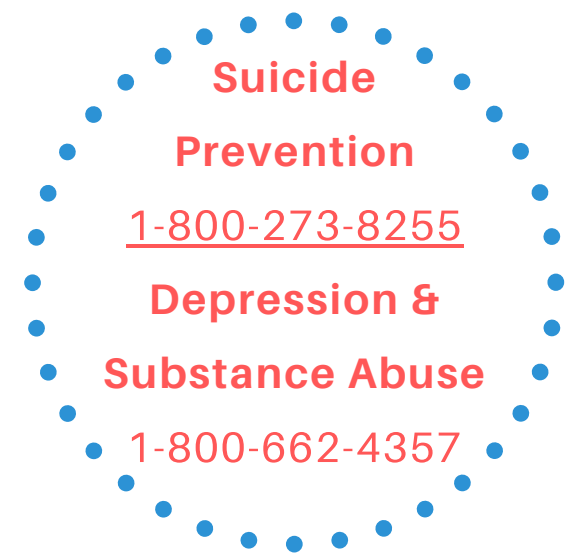
## *Say to Myself*

- I matter.
- I have a purpose.
- There is more for me on the other side.
- I have hope.
- I am loved.
- I love others.
- Someone can help me.
- I need help.
- I want to take care of myself and get the help I need.



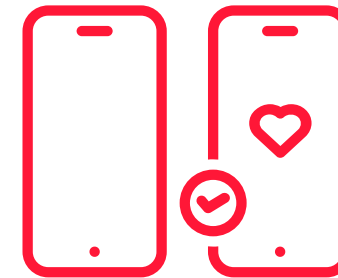
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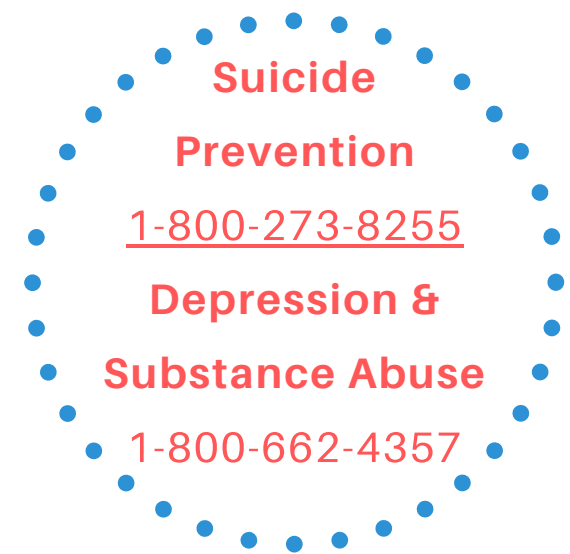
## ***Request Help***

- I am feeling...
- I don't know why I am feeling this, but...
- I need support.
- I need to talk.
- I think I need to see a doctor.
- I'm having dark thoughts right now.
- I'm in a dark spot right now.
- I can't be alone right now, today, this week.
- Can you stay with me?
- Ask doctor, friends, family for referrals.



# Soundbites to Help Others

Call up courage to help yourself and others. You Matter!



## *Offer Help*



- How can I help you?
- What are you feeling?
- Do you know why you are feeling this way?
- What do you need?
- I'm here for you.
- When was the last time you had dark thoughts?
- Are you in a dark place right now?
- You matter. I love you.

# Important Reminders

- 1. Depression and Anxiety are medical diagnoses.**
- 2. Symptoms are just as different in EVERYONE!**
- 3. At two weeks or longer, it's time to seek treatment!**
- 4. Having dark thoughts like... Contact the three Resources.**
- 5. Don't know what to say?**

**Say, "I can't be alone right now. I'm having dark thoughts."**



# Important Hotlines

**911**

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**Depression & Substance Abuse Lifeline**

**SAMHSA.gov**

**1-800-662-4357**

**<https://www.samhsa.gov/find-help/national-helpline>**

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**National Suicide Prevention Lifeline**

**1-800-273-8255**

**<https://suicidepreventionlifeline.org/>**

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# NEW Book

Called to Lead:

Success Strategies for Women



<https://www.soconnectedllc.com/called-to-lead-success-strategies-for-women>

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**Cindy Tschosik**

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