



Corporate
Inc.

Spotting Depression and Burnout in the office

What is depression?

Depression (also known as Major depressive disorder) is not just about feeling low or sad. Depression is a serious mood disorder that can impact every aspect of your professional and personal life. The severity of depression can vary from mild to severe and can also be associated with other forms of mental health disorders.

Depression is one of the most common mental disorders in the United States. Individuals who have undergone a traumatic life event, a history of drug or alcohol abuse, or have a family history of depression are at increased risk of developing depression.

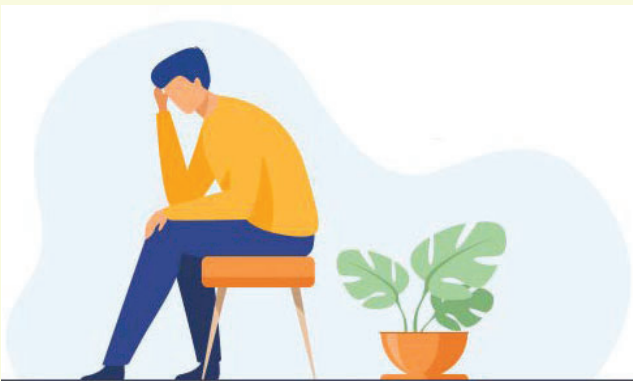



image created by pch.vector from: Freepik.com

Depression symptoms:

- Prolonged (two weeks or more) feelings of guilt, sadness, hopelessness, or worthlessness
- Increased fatigue, loss of energy, or changes in sleep patterns (excessive sleeping or insomnia)
- Loss of appetite, or weight loss/gain not associated with dieting
- Decreased interest in pastimes, hobbies, and activities that once were enjoyable
- Increased moodiness or irritability
- Trouble thinking or concentrating
- Physical aches and pains

 **Thoughts of suicide or death**

What is burnout?

Burnout can look like depression; however, it is a stress condition that is associated with prolonged periods of physical and mental exertion. The World Health Organization (WHO) notes that, "burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed."

Though it is not a mental disorder, it is important to note that untreated, prolonged burnout can lead to depression.

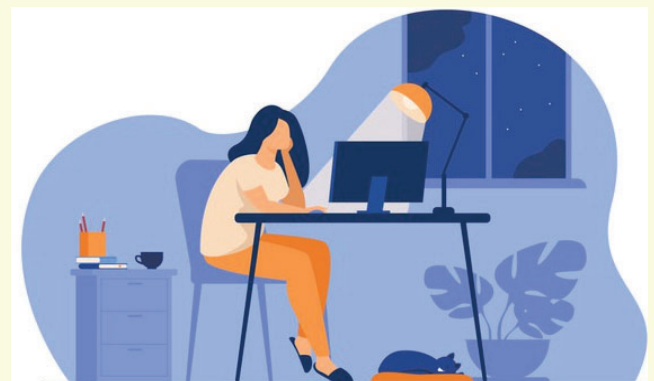



image created by pch.vector from: Freepik.com

Burnout symptoms:

- Feeling depressed, cynical, or useless
- Physical and mental exhaustion
- Loss of appetite
- Decreased quality in work
- Increased moodiness or irritability
- Trouble concentrating or headaches
- Increased susceptibility to illnesses

 **If not treated can lead to physical ailments like heart disease and mental disorders like depression**



What to do if you have Depression or Burnout

How to alleviate depression:


- Exercise regularly and eat well
- Avoid alcohol
- Speak with people that you trust or consider seeing a therapist
- Continue to educate yourself regarding depression
- Speak with your doctor



image created by pch.vector from: Freepik.com

For additional help please contact:

- Your local HR representative
- Your local hospital

 **The National Suicide Prevention
Lifeline at 800-273-8255**

Always remember that suicide is not the answer.

If you are feeling suicidal please reach out to someone you trust; this can be a colleague, HR representative, doctor or a therapist.

Corporate Inc. cares about you and your mental wellbeing. Please never hesitate to reach out and together we can get through this.

How to alleviate burnout:

- Exercise regularly and eat well
- Take a vacation day to relax and destress
- Speak with people that you trust
- Continue to educate yourself about burnout
- Consider talking to management or HR to see what can be done about work loads



image created by pch.vector from: Freepik.com

Links for more information regarding:

- **Depression**
 - [The Mayo Clinic](#)
 - [The World Health Organization](#)
 - [The National Institute of Mental Health](#)
- **Burnout**
 - [The Mayo Clinic](#)
 - [The World Health Organization](#)
 - [The National Center for Biotechnology Information](#)