

5n5

Men and Depression



TIP #1

BREAK THE STIGMA

Men are less likely to recognize and seek help for depression. Men are often taught it's weak or unmanly to admit to feeling sad or depressed. They are raised to rein in their emotions and be in control. Try to remember that these feelings are normal and nothing to be ashamed of.

TIP #2

KNOW THE SIGNS AND SYMPTOMS

Depression is more difficult to diagnose in men than women because men often don't complain about the typical symptoms. Instead, they complain about physical symptoms that will have them seeing their physician.

The three most commonly overlooked signs of depression in men are physical pain, anger and risky behavior. They may experience sexual dysfunction, work compulsively or numb their pain with alcohol and drugs

Tip # 3

RECOGNIZE THE IMPACT ON OTHERS

Sometimes the partners and loved ones in a man's life may notice depression by the changes in behavior before the man actually does. Some of these behavior changes can be getting mad easily, isolating, working all the time, drinking more, not working out, rejecting help.

Your supervisor or co-workers may notice a lack of focus, more errors, lack of engagement.

Tip # 4

IMPORTANCE OF SELF-CARE

Get enough sleep; eat a healthy diet and have an exercise routine.

Your tendency may be to isolate or stop some of the activities you enjoy, like sports or socializing with friends. It's important to keep those connections. Close relationships are vital to helping you get through a stressful time. Being around people can boost your mood. Having a spiritual life can also provide support while going through a difficult time.

Tip # 5

SEEKING PROFESSIONAL HELP

Make an appointment with your doctor if the symptoms persist for more than two weeks, if the symptoms are severe enough to interfere with your daily routine or if you experience suicidal thoughts.

A majority of men with depression can be treated successful with talk therapy, seeing their physician, or a combination of therapy and medication.

So once you are aware of how you're feeling and seek help, you can improve your mood and learn valuable coping skills.

Taking the first step shows strength, not weakness.