

DEPRESSION

Follow these tips to explore a healthy work environment for those experiencing depression and to offer support. Opening up with the employer, coworkers and those close to you will allow them to understand what is developing internally and create a supportive response to your mental health.

Flexible Schedule

If you're experiencing high stress or feeling depressed, your sleep pattern may suffer. Creating a flexible schedule can allow you to relieve some stress, benefiting you and your team. This will allow you to still put your best foot forward while increasing your productivity.

Small Tasks

Big tasks may feel overwhelming. Break down big project into smaller tasks. Focusing on completing small tasks will allow you to focus better on the job at hand. It can also create a sense of accomplishment as you complete small tasks.

Communicate

communicating what you are going through with your close co-workers and supervisor will help create a healthier understanding of the situation and give them the opportunity to offer support.

Comfortable Workspace

It's important to feel good in your workspace. Personalize your work area to reflect you, creating a space that feels good, comfortable, and calming. Mood greatly affects symptoms of depression, so try putting a picture of a place or memory that makes you feel happy and calm.





A SAFE SPACE PLAN

Create an individual plan to recognize the signs of psychological distress and help you navigate an emotional crisis developing if you're experiencing moments of heightened mental health distress.

List 3 warning signs of mental health distress developing:

1. _____
2. _____
3. _____

List 3 internal coping strategies that helps you feel safe:

1. _____
2. _____
3. _____

List 3 places or people that provide a distraction:

Include contact information and/or address.

1. _____
2. _____
3. _____

List 2 ways you can change your environment to boost your mood:

1. _____
2. _____

Contact information for a trusted mental health professional:

1. _____ Phone Number: _____