

DEPRESSION AND ANXIETY TAKING ACTION

On average, one in eight men will have depression and one in five men will experience anxiety at some stage of their lives.

It's important to remember that depression and anxiety are medical conditions, not weaknesses, and effective treatments are available. It's helpful to be aware of changes in your behaviour that may be signs you are experiencing a mental health condition.

These might include:

- finding it difficult to concentrate on tasks
- feeling tired and fatigued
- finding it difficult to meet reasonable deadlines or manage multiple tasks
- getting angry easily or frustrated with tasks or people
- avoiding being around colleagues
- drinking alcohol to cope with other symptoms of anxiety and/or depression
- having a loss of confidence and negative thought patterns.

DEPRESSION AND ANXIETY ARE LIKE ANY OTHER MEDICAL CONDITION – YOU NEED WAYS TO GET THROUGH THEM AND STOP THEM HAPPENING AGAIN LATER ON.

Some people think it's weak to admit that they're going through a tough time. But if you have depression or anxiety, you can't just 'snap out of it' or 'pull yourself together'. There's more to it than that.

Start by talking to someone you trust – keeping it to yourself only makes things worse. Discuss your situation with a mate, partner, family member or a colleague. Your doctor is also a good source of information and can assess whether what you are feeling is depression or anxiety, and then work out an action plan with you. Most people who seek treatment report a significant improvement in their condition, and are able to get back to the things they used to enjoy.

Your action plan can cover a wide range of options, including:

- staying physically active, eating healthily and getting plenty of sleep
- doing things or hobbies that you enjoy – at first, you may not enjoy them as much as you did before, but if you keep active and persist, the pleasure should eventually return
- making plans for the day – they don't have to be grand plans, just small things like going for a run, talking to a mate or doing something you enjoy
- using stress management techniques
- trying not to drink or take drugs to block out how you're feeling and what is happening – this is not a positive solution and only makes the depression or anxiety worse
- maybe working with a psychologist to help you to address things like negative thinking and dealing with hassles in your relationships.

FOR MORE INFORMATION AND RESOURCES, INCLUDING VIDEOS ON HAVING A CONVERSATION WITH SOMEONE YOU'RE CONCERNED ABOUT, VISIT WWW.HEADSUP.ORG.AU



**TRADIES
NATIONAL
HEALTH
MONTH**



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION