

# WVU HEALTH NEWSLETTER

April 2018

## Is It Depression or Just the Blues?

Sooner or later, everyone gets the blues. Feeling sadness, loneliness, or grief when you go through a difficult life experience is part of being human. And most of the time, you can continue to function. You know that in time you will bounce back, and you do. But what if you don't bounce back? What if your feelings of sadness linger, are excessive or interfere with your work, sleep, or recreation? What if you're feeling fatigue or worthlessness, or experiencing weight changes along with your sadness? You may be experiencing major depression.

Also known as clinical depression, major depressive disorder, or unipolar depression, major depression is a medical condition that goes beyond life's ordinary ups and downs. People with depression cannot simply "pull themselves together" and get better. Treatment with counseling, medication, or both is key to recover.

Major Depression: What are the symptoms? Depression shows itself in different ways. Common depression symptoms are:

- Depressed mood, sadness, or an "empty" feeling, or appearing sad or tearful to others.
- Loss of interest or pleasure in activities you once enjoyed

- Significant weight loss when not dieting, or significant weight gain (for example, more than 5% of body weight in a month)
- Inability to sleep or excessive sleeping
- Restlessness or irritation (irritable mood may be a symptom in children or adolescents too) or feelings of "dragging."
- Fatigue or loss of energy
- Feelings of worthlessness, or excessive or inappropriate guilt
- Difficulty thinking or concentrating, or indecisiveness
  - Recurrent thoughts of death or suicide without a specific plan, or a suicide attempt or specific plan for committing suicide.



Depression Treatment:  
When Should You Get  
Help?

If you have five or more of these symptoms for most of the day, nearly every day, for at least two weeks, and the symptoms are severe enough to interfere with your daily

activities, you may have major depression. Your primary doctor is a good place to start. Your doctor can screen you for depression, and help you manage and treat your symptoms so that you can feel better.

([www.webmd.com](http://www.webmd.com))

## Happy Birthday!!!

Cody Derosier	Apr. 6
Louie Ainslie	Apr. 7
Nick Norris	Apr. 7
Stephanie Cantin	Apr. 8
Caleb Esquega	Apr. 8
Brian Williams	Apr. 16
Chastidy Brown	Apr. 21
Cindy Shabaquay	Apr. 23
Sharlene Shabaquay	Apr. 23
Clare Esquega	Apr. 24
Clarence Shabaquay	Apr. 30

## FYI....

- April 17 – Recycling Day
- April 20 – Healthy Living Food boxes

## Quote of the Month

Living a healthier life is more than losing weight, its about losing the mindset that got you there in the first place.

- Elle  
Sommer

## Recipe of the Month Cheesy Broccoli Casserole

### What U Need!

- 1 pkg Stove Top Stuffing mix for chicken
- 1 pkg frozen broccoli florets, thawed, drained
- 1 can condensed cream of mushroom soup
- ½ cup cheez whiz cheese spread

### Make It!

- Heat oven to 350 F
- Prepare stuffing as directed on package
- Combine remaining ingredients in a 2 L casserole sprayed with cooking spray; cover with stuffing
- Bake 30 mins or until heated through

## Eco Living Tip

Used coffee grounds – spread them over flower beds of acid craving plants such as azaleas.

([www.goodhousekeeping.com](http://www.goodhousekeeping.com))

## Weird but True Health Fact

At the onset of high stress, your blood thickens. This is to encourage clotting of blood in the case of a physical attack. This often why stress contributes to heart attacks.

([www.pinterest.com](http://www.pinterest.com))



# APR 2018

SUN	MON	TUE	WED	THU	FRI	SAT
01 Easter	02 Easter Monday	03	04	05	06	07
08	09	10	11 Cooking 4 Life 4-6 pm	12	13	14
15	16	17 Elder's Gathering 4-7 pm Blue Box Day	18	19	20 Food Boxes – pick up in afternoon	21
22	23	24 Naming Ceremony (tentative)	25 Chiropody 10-3 pm Paint Night 4-7 pm (tentative)	26 Walking Derby 4-6 pm	27	28 Nashville Night (tentative)
29	30					