



MENTAL HEALTH GUIDANCE FOR WORKING PROFESSIONALS: HANDLING STRESS & DEPRESSION

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KEYWORDS :

Depression is a major public health problem in India, contributing to significant illness, disability as well as impermanence causing significant socioeconomic losses. Root cause for depression could be several, including biological, social, economic and cultural factors, which are triggered by environmental factors. Unfortunately Depression and suicide are closely interlinked. At its worst, depression can lead to suicide or attempts as well. Recognizing depression at an early stage is critical for reducing suicidal deaths and deliberate self-harm across the spectrum. People with depression often tend to under-perform in workplaces, thereby resulting in loosing of job and event loosing quality of life.

As per NMHS reports higher prevalence of depression is seen among women and working age adults (aged 29,42 20–69 years) has been consistently reported by Indian studies. Depression is also common among the elderly but possibly they fall less in to this trap due to experience and wisdom. Reasons could be many for a Depression resulting from complex mechanisms; there can be no single identifiable cause. However, there is conclusive evidence to reveal that several biological, social, economic, cultural and environmental factors operate in a maladaptive individual, leading to depression. One may develop depression due to the loss of a loved one, or it may unfold in the backdrop of multiple social or financial stresses, or on an account of a family history of depression, or it may begin in the background of a chronic medical condition. Some individuals can experience loneliness and feeling low for no apparent reason at all. It is crucial to note that recognition of these factors is important to provide appropriate intervention for the affected individual and to support the family.

Many a times certain feelings such as sadness, hopelessness, lethargy, lack of involvement were taken lightly or rather omitted among younger generation. When such feeling are left un-attended at the right time or given a lighter approach may possibly lead to a depressed lifestyle. It is also more important to analyze, whether these feelings happen in a combination, its duration or intensity that start to interfere with day-to-day life activity. The real benefit of such identification will help in noticing when people who are in working profession are struggling and hardly find time to get the support they need. The symptoms could be either a depressed mood, or a loss of interest or loss of pleasure in things that were once enjoyable. Many times these will just be a normal part of adolescence and nothing at all to worry about, but this depression will also lead to the indirect results such as:

- *State of Anger with high degree of irritability.*
- *The person will be reluctant and avoid spending time with colleagues in the organization.*
- *Can show an Indifferent behavior leading to collapse of good relationship with colleagues or family.*
- *May make excuse to attend meetings, get-to-gethers, or events.*
- *Depression will make them exhausting and can make people more tired than usual, even after having spent good amount of time in sleeping. Such conditions could lead to **HYPERSOMNIA**.*
- *The physic may get disturbed and could lead to headaches and migraine etc.,*
- *There will be an imbalance in the brain chemicals such as **SEROTONIN & NOREPINEPHRINE** which are the primary cause for mood and pain.*
- *Due to these changes, the person may feel restless, agitated, at times excessive depression can even slow down movement and*

speech.

- Depression can create an emptiness that feels unbearable. This can make them end up with **Eating Disorder**.
- Various psychological studies have proven that when emotional pain feels too big or when it stops making sense, people hurt themselves by Self-Harming.

Guidelines to Handle :

If you find the person is supposed to be depressed, the first step is observe his activities and try to show care and love as they expect. Discuss with them on their problems and try to give them comfortable environment in which they can come out of their problems. Remember do not Advise them on how to be and do not compare them with others. In case if the person is not coming out with proper reason or having a difficulty in opening up with you, approach a Counseling Psychologist who can try to fix the problem. Line of treatment comes next, since many people term the affected persons by the terminologies they know and take them for medication. Depression doesn't always need medication, but it might at an aggressive state. Some sessions of counseling can heal, if not then the psychologist should observe and recommend the client to a clinical Psychiatrist. More than working hard, succeeding in work like than studies and career growth more amount of importance is to be given to them for mental relaxation by means of meditation, yoga, take a walk, games could also be a reliever in case of stressful workday. Try to connect them with more friends and colleagues. Create a positive environment around in your workplace, this is because you spend more of your time at office / workplace. In case if the above mentioned proper care is not taken there could also be a possibility of substance addiction developed during a period of time. Keep the mental health fit and free from taking stress for a healthy and longer living. Have a happy living.