



MCU Mental Health Matters



Sadness or Depression?

How to know when we need support

The world can be a stressful place. Life stress, pandemic stress, political strife, financial stress, interpersonal relationship stress, work stress, school stress, caring for children and parents, loss, trauma associated with racism, sexism, homophobia, transphobia, and ableism. It can be difficult to decipher if the weight of the world is causing sadness or if we are becoming depressed. Depression may be situational, related to grief and loss, or associated with heredity or brain chemistry. Depression is identified by having some of the symptoms listed to the left, for a period of greater than two weeks.

If you are experiencing some of these symptoms and they have lasted for more than two weeks, you may want to seek support from a qualified therapist or medical provider. As an MCU student, Care Solace is available to provide referrals and support in locating a provider. There are many options for treating depression that may be beneficial. Connection with your spiritual practice, time with loved ones and friends, movement, therapy, improving sleep, acupuncture, massage, hypnosis, biofeedback, supplements, and medications are all options that may be useful.

If you are contemplating hurting yourself or taking your own life, please reach out to someone you trust for support or call the National Suicide Prevention Lifeline: 1-800-273-8255 (TTY: 1-800-799-4TTY (4889) or go to the nearest emergency room of your local hospital. You are important in the world. You matter to the people who love you. You deserve to have the support that you need.

Symptoms of Depression

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Irritability, anger outburst, excessive frustration
- Sleep disturbances, including insomnia or excessive sleep
- Loss of interest or pleasure in most typically enjoyable activities (hobbies, sex, recreational activities)
- Lack of energy
- Appetite changes (increase or decrease)
- Anxiety, agitation, restlessness
- Slower thinking, speaking, or body language
- Feelings of worthlessness, guilt, or fixating on failures and self-blame
- Trouble concentrating and making decisions
- Thoughts of death, suicidal thoughts or attempts or passive thoughts of death being better than living
- Personality changes or memory issues
- Chronic physical pain (back, head, stomach)

Easily distracted? Disorganized thinking? Difficulty concentrating? Procrastinate frequently?

TAKE ADD/ADHD SELF-ASSESSMENT

follow us at



CODEPENDENCY

When my needs blend into your needs

Do you overextend yourself for friends, family, clients, and colleagues? Do you feel resentful when they do not appreciate your self-sacrifice?

Codependency is not just associated with having a loved one who is substance dependent. Codependency is rooted in a deep seated desire to be loved, cherished, and appreciated. Eventually, codependency becomes counter-productive to the goal of getting these needs met. The problem arises when over-zealous caretaking is not met with enthusiasm by the recipient. Giving and giving and giving ultimately leads to resentment, frustration, anger, feelings of worthlessness, and strained or discontinued relationships.

How do I know if my behaviors are codependent? There are often clues:

- Difficulty saying no
- Having poor boundaries
- Emotionally reactive when people makes choices that differ from the ones you would make
- Feeling compelled to take care of people
- Fixating on mistakes
- Feeling the need to be liked by everyone
- Difficulty communicating honestly about what you need or want in relationships
- Needing to always be or stay in a relationship, even when it is harmful to you
- Disregarding or denying your own needs, thoughts, or feelings
- Chronic intimacy issues
- Confusing love and pity
- Displaying a fear of abandonment

Codependency Resources:

[Recovery from Codependency](#)

[Books on Codependency](#)

[Codependents Anonymous](#)

care solace.

Calming the Chaos of Mental Health Care

Care Solace is available 24/7/365 to connect you to quality mental health and substance use treatment providers, regardless of insurance coverage.

CONNECT TO CARE

888-515-0595

caresolace.com/midwifery



FOLLOW OUR SOCIAL MEDIA

