



Driver Depression

With the holidays approaching, many of our drivers feel the added pressure of having family over and not having family coming over. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

Focus

Look for the signs of depression. If you haven't already sought help for your depression, it's vital that you do so and don't try to go through this alone. There are many common symptoms associated with depression.

Anticipate

Have your doctor explore possible medical causes behind your depression. Some depression results from, or is a side effect of, medical conditions or treatment for other medical conditions. In some cases, medical conditions can mimic depression. It's important for your doctor to identify any physical causes for depression that require specific treatments or to eliminate other reasons for your condition.

Correct

Research depression to get a full understanding. Learn what you can about depression. Supplementing your knowledge about your condition will enable you to overcome it. Knowledge is an important way to reassure yourself that depression is real, that it is a concern to be treated with seriousness, and that there are many ways to defeat it. A wider understanding of depression will help to allay some of your fears and worries.

Talk

Try talk therapy. One of the most helpful solutions for your depression is meeting with a mental health therapist for psychotherapy. There are a range of psychotherapy treatment options, and each therapist will have his/her own unique style. You will have the best chance of being successful in therapy if you feel comfortable with your therapist. Consult with a number of providers before you select one to work with.