

Depression: More than just the blues
Everybody has their share of sad days. Depression is when sad days turn into sad weeks or months. And it can affect all aspects of one's life. Fortunately, there are many effective treatments and encouraging new

Knowing when to get help



Is it depression?
How do you know if you're depressed? Depression can be a byproduct of stress and anxiety. And it can also occur without apparent reason. [More...](#)
[En Español](#)

therapies for depression. Read this month's newsletter to learn more.

Worklife Balance



Caregiver's critical statistics
The stress of caregiving puts caregivers at increased risk for burnout and health problems, including depression. [More...](#)
[En Español](#)

Mind Matters



The age of depression
Anyone, at any age can suffer from clinical depression. Depression is seen in children, teens, adults and elders – but can be hard to identify. [More...](#)
[En Español](#)

Telling the difference



Are you having a sinking spell?
There are many ways to describe feeling low. What is the difference between "a sinking spell" and a true depression? [More...](#)
[En Español](#)

In This Edition

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The age of depression

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Quick Links

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Webinars

Beyond the blues: Understanding and coping with depression

Register today:
<https://mylifevalues.webex.com/mylifevalues/k2/j.php?ED=169408747&UID=1216892792&RT=MIMxMQ==&FM=1>
[Download a list of free webinars for August 2011](#)

Seating is limited, so make sure to register early!

Kick the Habit Responses



The responses we received were centered around breaking the habit of smoking. The consensus seemed to be that habits can truly be hard to break – but the results are more than worth it!

[Click here to read a few of the responses and pick up a few tips for kicking the habit!](#)