



FAST FACTS: DEPRESSION



Potential Signs of Depression

- Problems sleeping, eating, exercising, or getting stuff done
- Feeling down, depressed, or hopeless and not interested in doing things
- Trouble concentrating or keeping your mind on what you are doing
- Moving or speaking so slowly that other people have noticed
- Thinking you are a failure or have let yourself or your family down; thoughts you would be better off dead or of hurting yourself

Impact On Your Work

- Not getting as much done
- Quality issues with what does get done

Seven Ways to Help Yourself

1. Keep a regular sleep schedule, with a goal of 7-9 hours of quality sleep each night
2. Practice daily light therapy by spending 10-20 minutes in the morning sun or bright artificial light
3. Exercise regularly; aim for at least 180 minutes of vigorous activity plus resistance training weekly
4. Eat a healthy diet that emphasizes fruits, vegetables, whole grains, dairy, and protein
5. Build social connections that bring joy and support, and nurture relationships with close friends
6. Manage stress with daily practice of mindfulness or meditation
7. Maintain a growth mindset; avoid rigid thinking and perfectionism and allow for mistakes

Professional Help

Caterpillar's global **Employee Assistance Program (EAP)** is a free, voluntary, and completely confidential service provided to employees and their eligible family members to help meet many challenges at home and work, including depression.

To access support, call **1-866-228-0565** or log onto **CaterpillarEAP.com**
(for Web access and global access numbers by country).