

Depression



Assessment

Based on your responses you may be experiencing mild depression symptoms. We know that these are trying times, and Kaiser Permanente is here to support you. Many people feel embarrassed or ashamed about having depression but do not let these feelings stand in the way of care, it takes courage to seek help. Depression is as common as high blood pressure and diabetes!

Additional Resources:

Explore our broad range of self-care resources at kp.org/selfcare.

- **Self-Compassion:** To learn more about self-compassion tools, go to kp.org/self-compassion.
- **Mindfulness:** To learn more about mindfulness practices, go to kp.org/mindfulness.
- **Sleep:** To learn more about sleep tips and tools, go to kp.org/wellness/insomnia.

Next Steps

STEP 1: Join the **KP Virtual Program for depression**. Please see the next page for more information on this program.

STEP 2: We recommend you sign up for the **Coping Skills virtual workshop**. See page 3 for more information.

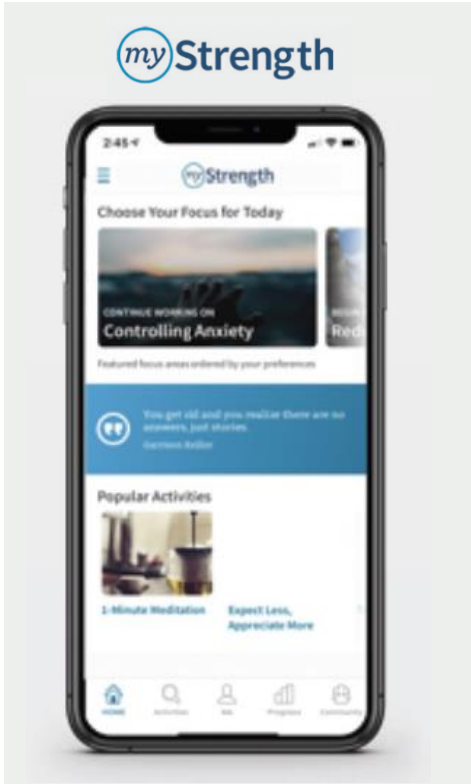
General Tips

- **Incorporate movement in your day.** Even small amounts of activity can significantly improve your mood. Exercise or do yoga at home – there are many great videos on YouTube! Take breaks from your work to do simple stretches or walk for a few minutes. We recommend getting 30-60 minutes of movement a day, either all at once or spread out.
- **Get enough sleep.** A good night's sleep can help mood and stress levels. Talk to your doctor before taking sleep aids (such as melatonin, Benadryl, etc.). Try sleeping and waking up at the same time each day.
- **Eat a balanced diet.** This helps your body deal with tension and stress. Try a plant-based diet by increasing the amount of fresh fruits and vegetables you eat and avoid processed and sugary foods. Eat slowly, enjoy your food, and avoid distractions while eating.
- **Get support from others.** Tell people you trust about depression. It is usually better than being alone and keeping it a secret from your friends and family. Depression can cause us to isolate and it is important to talk or spend time with others.
- **Practice Gratitude.** Appreciate & feel grateful for things you do have, as opposed to things you wish you had. Think of three things you are thankful for each day, even the little things! Writing down what you are grateful for in a journal can help.
- **Practice Self-Compassion.** Are you as kind to yourself as you are to your family, friends, and other people you care about? Self-care is not selfish. Try small things like reading a book, going for a walk, indulging in your favorite television show, or taking a bubble bath.
- **Avoid drinking alcohol or using illegal drugs** or medicines that have not been prescribed to you. Even though these may help you feel better in the moment, they may increase your depression overall.
- **Practice mindfulness.** Practicing mindfulness can help you manage your emotions. Mindfulness means being fully present in the moment and being aware of your thoughts and feelings. Practicing mindfulness can be as simple as remembering to take a deep breath before you answer the phone. There are many ways to be mindful — just find what works for you.

KP Virtual Program for Depression

The KP Behavioral Health department developed this program to help you get the care you need. You can choose the Calm app and/or the myStrength app, or you can **try both!** When completing the courses below it is important to **be kind to yourself and go at your own pace. These mobile apps are available for KP members at no cost.** **Did you know:** Research studies show that meditation decreases general feelings of anxiety and worry.

MyStrength App

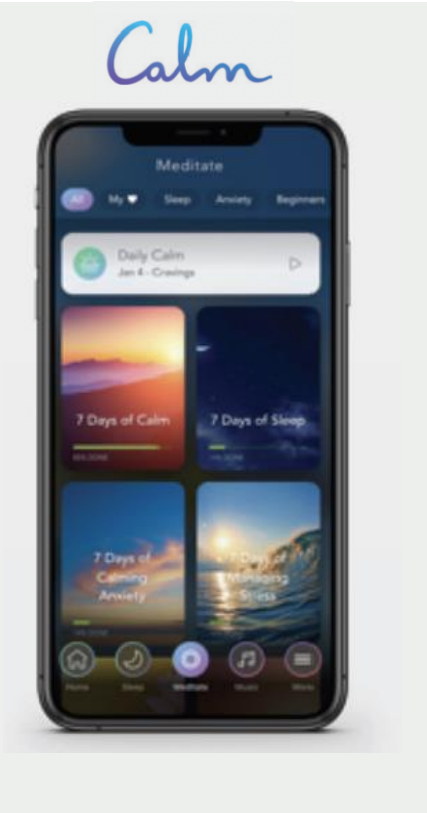


Key Features:

- Coach-based program for additional guidance
- Program uses both video and text
- Sleep and mood tracker

1. Click [here](#) to go to the “Emotional Wellness Tools” page on kp.org.
2. Find the myStrength section and click on the “Start Here” button.
3. If you are not logged in to kp.org, you will be asked to sign in.
4. Complete a series of questions so that myStrength can make a personalized plan.
5. On the homepage, click on the “Activities” bar on the right-hand side.
6. Click on the **“Managing Depression” course.**
 - As you go through the course, we recommend tracking how you feel using the “Track Your Health” tool.
 - Once you are finished with the Managing Depression course you are welcome to explore the other classes! **“Stress Management”** and **“Meditation and Mindfulness”** are some good options.

Calm App



Key Features:

- Audio-based program with meditations, music, and podcasts.
- Nature- and scenery-based to help you relax
- Mood tracker

1. Click [here](#) to go to the “Emotional Wellness Tools” page on kp.org.
2. Find the Calm section and click on the “Start Here” button.
3. If you are not logged in to kp.org, you will be asked to sign in.
4. Complete a series of questions so that the Calm app can make a personalized plan.
5. After setting up the app, click on the “Meditate” button at the bottom of the app to get to the Meditate homepage. Next, click on the anxiety button at the top of the page.
6. We suggest you start with the **7 Days of Self-Esteem.**
 - Once you are finished with the course you are welcome to explore the other classes! **“Easing Depression”** and **“Relationship with Self Series”** are some good options.



Coping Skills

Learn approaches for managing anxiety, depression, and stress

This four-part class, facilitated by an Integrated Behavioral Health provider and a Wellness Coach, will provide the following essential skills for coping with stress:

- Week 1: Stress, COVID-19, and Wellness
- Week 2: Dealing with Anxiety and Panic Attacks
- Week 3: Managing Anxiety and Depression
- Week 4: Wellness and Resilience

This class is not exclusive to patients with a mental health diagnosis and is open to any patient feeling depression, anxiety, or panic attacks. *Members only*. A referral is required for patients without a completed e-visit. **Patients with a completed e-visit do not require a referral.**

Fee: No fee

Location: Online via Microsoft Teams

Day/time: First four Wednesdays of each month, 12:30 to 1:30 p.m.

Sessions: Ongoing (4 sessions)



For more information or to register: Call **808-432-2000**

kp.org/mindbody

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