

# 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](https://kp.org/selfcare).

- **Self-Compassion:** To learn more about self-compassion tools, go to [kp.org/self-compassion](https://kp.org/self-compassion).
- **Mindfulness:** To learn more about mindfulness practices, go to [kp.org/mindfulness](https://kp.org/mindfulness).
- **Sleep:** To learn more about sleep tips and tools, go to [kp.org/wellness/insomnia](https://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 30 to 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.

# Kaiser Permanente

## Virtual Program for Depression

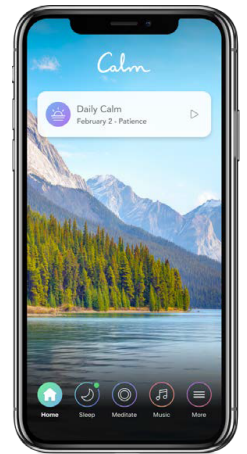
The Kaiser Permanente Behavioral Health Department developed this program to help you get the care you need. **Studies show** that **meditation decreases** general feelings of **anxiety and worry**. **These apps are available to Kaiser Permanente members at no cost**. Choose one or try them all! Be kind to yourself and **go at your own pace**.

### Calm App

Key features:

- ❖ Audio program with meditations, music, and podcasts
- ❖ Nature and scenery to help you relax
- ❖ Mood tracker
- ❖ Sleep Stories
- ❖ Mindful movement videos

1. Go to [kp.org/selfcareapps](https://kp.org/selfcareapps).
2. Click on **Get Calm** and log in to **kp.org**.
3. Complete the questions to have **Calm** create a personalized plan for you.
4. At the bottom of the app, click on the option Meditate then click on Anxiety.
5. Start with the **7 Days of Self Esteem** course then explore other classes such as **Easing Depression** and **Relationship with Self Series**.



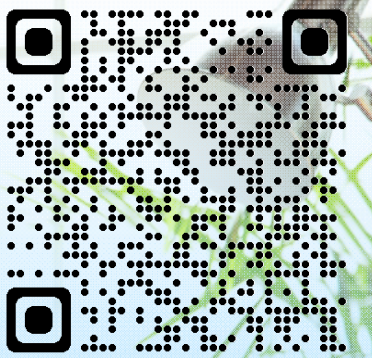
### Headspace Care (formerly called Ginger)

Key features:

- ❖ Emotional support coaching by text
- ❖ Self-care activities
- ❖ Coaches are available 24/7
- ❖ No cost for 90 consecutive days per year

1. Go to [kp.org/coachingapps/hi](https://kp.org/coachingapps/hi).
2. Click on **Get Headspace Care** and log in to **kp.org**.
3. Complete the form then download **Headspace Care** to begin private text-based chats with a behavioral health coach.





**Managing Daily Tasks**

Learn tips to manage anxiety or stress around completing daily tasks.

Scan the QR code above to learn how to:

- Set realistic expectations each day
- Prioritize the list of things that need to get done
- Determine when it's time to ask for help

# Coping Skills

Learn approaches for managing anxiety, depression, and stress

This class provides the essential skills for coping with stress. Learn to manage stress, panic, and depression, to support wellness and build resilience.

This class is not exclusive to patients with a mental health diagnosis and is open to any patient experiencing depression, anxiety, and/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 required

**Location:** Online via Zoom

**Day/time:** First Wednesday of each month, 12 to 2 p.m.

**Dates:** 9/4/24 10/2/24 11/6/24 12/4/24



To register or for more information, please call **(808) 432-2260** or email [kaiserpermanente.healthylivingclasses@kp.org](mailto:kaiserpermanente.healthylivingclasses@kp.org)