



Depression: let's talk

World Health Day, 7th April 2017

Depression is a common mental disorder that affects people of all ages, from all walks of life.

- ▶ Depression increases the risk of other non-communicable diseases, such as diabetes and cardiovascular disease (CVD). In addition, diseases such as diabetes and CVD increase the risk of depression.
- ▶ Depression can be effectively prevented and treated.
- ▶ Overcoming the stigma often associated with depression will lead to more people getting help.
- ▶ Talking to people you trust can be the first step towards recovery from depression.

Depression is an illness that is often characterised by persistent sadness or loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks.

In addition, people with depression normally have several of the following symptoms:

- ▶ A loss of energy
- ▶ A change in appetite
- ▶ Sleeping more or less
- ▶ Anxiety
- ▶ Reduced concentration
- ▶ Indecisiveness
- ▶ Restlessness
- ▶ Feelings of worthlessness, guilt or hopelessness
- ▶ Thoughts of self-harm or suicide



What can you do if you think you are depressed?

- ▶ Talk to someone you trust about your feelings. Most people feel better after talking to someone who cares about them.
- ▶ Seek professional help. Your local health-care worker or doctor is a good place to start.
- ▶ Remember that with the right help, you can get better.
- ▶ Keep up with activities that you used to enjoy.
- ▶ Stay connected. Keep in contact with family and friends.
- ▶ Exercise regularly, even if it is just a short walk.
- ▶ Stick to regular eating and sleeping habits.
- ▶ Accept that you might have depression and adjust your expectations. You may not be able to accomplish as much as you do usually.
- ▶ Avoid or restrict alcohol intake and refrain from using illicit drugs, they can worsen depression.
- ▶ If you feel suicidal, contact someone for help immediately. Call the Beyond Blue support service on 1300 22 46 36.

If you would like to support your workers who might be dealing with depression, please contact LGIS Human Resource Risk Management Team on 9483 8888.

Is your healthy snack, really healthy?

Eating a snack or two between meals can curb hunger and ensure you get all the daily nutrients you need. Grazing all day on foods of low nutritional value, however, can result in you eating too much and putting on weight.

Muesli bars, whilst often labelled “low fat” or

“whole grain”, are quite often carbohydrate dense sugar bars with some containing as many calories as a chocolate bar.

If you are going to eat them, pick ones with fewer than 800 kilojoules and 20g of total carbohydrates per serving, and choose bars

with as few ingredients as possible.

Better yet, try this healthy, homemade alternative. These muesli bars are made with rolled oats that can help to lower cholesterol levels and provide lasting energy. They are also quick and easy to make.

Homemade muesli bars

Ingredients (16 slices)

- ▶ 3 cups natural bircher muesli (or combine almond meal, seeds, walnuts and sun-dried fruit for a gluten free version)
- ▶ ½ cup LSA (ground linseed + almonds + sunflower seed)
- ▶ 3 eggs
- ▶ 1 teaspoon vanilla extract or paste
- ▶ ½ teaspoon ground cinnamon
- ▶ ¼ cup olive oil
- ▶ ¼ cup raw honey

Method:

- ▶ Preheat oven to 160 C (fan forced).
- ▶ Combine muesli, LSA, eggs, vanilla, cinnamon, olive oil and honey in one large bowl until mixed through.
- ▶ Spoon into a baking tin lined with baking paper.
- ▶ Bake for 25 – 30 minutes until golden.
- ▶ Cool then cut into 16 pieces.



What does 100 calories really look like?

While calories are important when it comes to losing, maintaining or gaining weight, they are not the sole element that we should be focusing on when it comes to improving your health. In addition to being calorie aware, we need to focus on the types of food that we are (and are not) eating.

A healthy diet is a balanced diet, containing foods from all of the five food groups; fruits and vegetables for nutrients, whole grain starches for energy and fibre,

protein for growth and repair, dairy for calcium as well as healthy fats for many vital bodily functions including heart and brain health.

Make sure you are consuming the majority of your calories from unprocessed whole foods. The quality of what we eat determines the quantity of calories we consume, which impacts not only our weight but also our overall health and wellbeing.



1 ¼ fun size Twix bar



30 red grapes



14 almonds

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