

Healthy Leaders “Living Well at Luther”

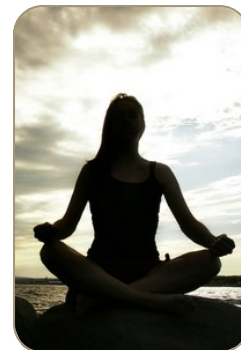
But Jesus often withdrew to lonely places and prayed. Luke 5:16 (NIV)

Did you know that depression ranks among the top problems for people in the workplace? This can include working on a graduate degree.

If you, your coworkers, or fellow students haven't felt like “whistling while you work” lately, pay attention to symptoms of depression and seek help from a mental health professional as needed. These are some of the telltale symptoms of depression, often in combination or when they persist more than a day or two:

- Persistent sad, anxious, or "empty" mood
- Sleeping too little, early-morning awakening, or sleeping too much
- Reduced appetite and/or weight loss, or increased appetite and weight gain
- Loss of interest in activities once enjoyed, including sex
- Restlessness, irritability
- Persistent physical symptoms that don't respond to treatment (such as headaches, chronic pain, or digestive disorders)
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of suicide or death

With proper treatment, most people can overcome depression and resume a normal life.



Emotional and Spiritual Well-being

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Try Meditating Before Medicating

There is now vast evidence indicating that meditation is an effective form of treatment for depression. Research has also shown that learning to meditate can dramatically reduce the chances of relapsing into depression for those who have suffered repeated bouts.

There are many types of meditation techniques, but all share the same goal of achieving inner peace. To learn more about meditation and how to incorporate it into your life, check out this article from the Mayo Clinic: “Meditation: A simple, fast way to reduce stress”: www.mayoclinic.com/health/meditation/HQ01070