



BE BOLD. Shape the Future.
College of Agricultural, Consumer and Environmental Sciences
 Cooperative Extension Service
 Guadalupe County Extension Office

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 Guadalupe County, NM

IMPORTANT RESOURCES

Guadalupe County Hospital
 575-472-3417

Sunrise Medical Clinic
 575-472-4311

Professional Counseling Associates of New Mexico
 575-472-5383
Team Builders
 575-472-0745

New Mexico Behavioral Health
 575-472-3068

NM Crisis Access Line
 1-855-NMCRISIS (662-7474)

If you or a loved one is experiencing any kind of emotional crisis, mental health, or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer-to-Peer Warmline.
nmcrisisline.com

National Suicide Prevention Lifeline
 1-800-273-TALK (8255)

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The lifeline's national network of local crisis centers provides crisis counseling and mental health referrals day and night.

Peer2Peer Regional Warmline
 1-833-626-1490

If it's not a crisis, call a warmline or visit the WarmLines website, warmline.org.

Guadalupe County Health Council
 575-472-4567 or

sharenm.org/guadalupe-county-health-council/guadalupe-county-health-council

• Here To Help NM:

nmflb.org/Get-Involved/Here-To-Help-NM

• AgWell:

rmfu.org/home/special-projects/
 OR agwell.org/

• CHES Health Connections App:
chess.health/erecovery/connections-app/

• 988 suicide & Crisis Lifeline:
988lifeline.org/

• 988 suicide & Crisis Lifeline Chat & Text:
988lifeline.org/chat/

• NAMI-New Mexico:
naminewmexico.org/resources/

• Blissful Minds New Mexico:
blissfulnm.com/hello-psyiatric-care-for-mental-health/

• List of Therapists in New Mexico who accept Medicaid:
zencare.co/us/new-mexico/therapists/insurance/medicaid

Article Three in a series on Mental Health and Well-being

The holiday season is upon us, bringing with it many feelings and emotions – warm thoughts of time with family and friends, gift giving and receiving, holiday activities and celebrations – from family gatherings to community events, to shopping. For many, the holiday season can also be a stressful time, and – also for many – it can conjure up memories of loss, sadness, and loneliness, and can trigger or worsen depression.

In this edition, we will take a closer look at how to avoid becoming depressed or cope with symptoms of depression. Please see our previous articles in September and October issues of The Communicator regarding other mental health and wellness topics.

If we ignore a physical health concern, it will worsen and impact us in bigger ways. Similarly, stress and depression, left untreated, will inevitably lead to more serious problems. When we don't address our mental health and wellness needs, the results are actions and feelings that impact our daily lives – our ability to find pleasure in routine activities we have enjoyed in the past, interactions with loved ones, friends and others, our ability to function in our jobs and life. In fact, over time, stress and depression can affect our physical health, as well. Whether the coming holidays are bringing sadness, angst and depression – or you have other reasons for your feelings – understanding and addressing signs and symptoms of depression are critical to not only your mental well-being, but also your physical health and wellness.

Signs & Symptoms of **DEPRESSION**

Everyone feels sad or 'low' sometimes, but these feelings usually pass. Depression is different. It can cause symptoms, sometimes severe, that overtake all or most 'normal' feelings, thoughts and daily actions, including basic activities such as eating, sleeping and concentrating on work or school. There are several types of depression; major depression, persistent depressive disorder, seasonal affective disorder or clinical depression, are some examples.

Depression can affect anyone regardless of age, gender, race or ethnicity, culture, level of income or education. Research suggests that biological, environmental, genetic and psychological factors can each affect depression. In addition, depression can co-occur with other mental or physical disorders. Chronic illnesses such as diabetes, cancer, heart disease and chronic pain disorders can trigger depression, and in turn, depression can make the symptoms of these illnesses worse. Sometimes, even medications taken for an illness can cause side effects that contribute to symptoms of depression.

If you are feeling symptoms that you think might be depression, consulting your general practitioner might be the best place to start with getting the care you need, since they are aware of your overall health and well-being.

SIGNS you may be **DEPRESSED**

❖ PERSISTENT OR EXTREME FEELINGS OF -

- sadness, anxiousness, or apathy (emptiness, lack of care)
- hopelessness, helplessness, or pessimism
- irritability, frustration, restlessness or anger
- Loss of sense of humor

❖ A SIGNIFICANT CHANGE IN MOOD OR BEHAVIOR, INCLUDING THOSE LISTED ABOVE, AND -

- unusual irritability or a quick temper
- unusually quiet or isolating oneself
- increased use of alcohol and/or drugs
- unusual effort to portray happiness or jubilation
- increased impulsiveness and/or engagement in new, high-risk activities
- an unusually flippant or apathetic attitude

❖ PHYSICAL AND COGNITIVE CHANGES, SUCH AS -

- lack of ability to concentrate and remember
- feeling fatigued and drained, lacking motivation and enthusiasm
- difficulty or inability to make decisions
- difficulty sleeping or major changes in sleep patterns
- significant changes in appetite, and associated weight gain or loss
- new or unusual aches and pains, including frequent, unexplained headaches, muscle aches, and cramps
- digestive changes and issues

❖ CHANGE TO SELF-WORTH, INCLUDING -

- noticeable and new statements and thoughts of self-deprecation
- becoming easily overwhelmed
- expressing signs of loneliness

Addressing & treating symptoms of **DEPRESSION**

If you are feeling or noticing any of these signs or symptoms, it is best to seek treatment as quickly as possible. The sooner you address your feelings and other symptoms, the better your chances of recovery and return to a well state of being. The longer you wait, the more likely symptoms will increase and possibly become serious, causing problems in your professional and personal life, and raising other health problems.

Formal treatment for depression may include various forms of therapy, medication, changes of lifestyle and natural remedies. **This article and its tips are NOT intended to replace appropriate treatment by a professional provider. Seeking external support for your health and wellness concerns is essential to recovering and leading a healthy life.**

Symptoms of depression can vary widely from one person to another. Your primary healthcare provider may be the best person for you to start with when seeking help and getting the care you need. If you do not have a primary provider, do not have access to your provider for some reason, or if you are uncomfortable raising these concerns with your provider, there are some resources listed to the left that might help you get on a path to healing and recovery. However, below are a few tips that may help you manage your mental well-being and keep depression from setting in and taking over:

Tips to manage your **MENTAL WELL-BEING**

- ❖ getting at least 30 minutes of some form of physical activity daily;
- ❖ regulating your body's cycles with regular meal times and regular sleeping patterns, to the best of your ability;
- ❖ develop habits of positive activities and practices that enhance your mood and spirits – these can be simple actions that do not require a great effort, such as:
 - keep a journal or record messages to yourself, making sure to include positive aspects, not just negatives.
 - be mindful of your 'inner voice' to yourself and how you treat yourself - focus on giving yourself grace and forgiveness, celebrate (honor) the positive steps you take, even if small, toward your goals and well-being, and be patient with yourself;
 - find and engage in activities that bring you joy, such as looking at pictures of people, animals or beautiful scenery, or listening to upbeat or relaxing music;
 - attend church and/or other group activities which help you interact with other people in a positive environment;
 - embark on or study a new hobby or interest;
 - avoid activities and habits that noticeably bring sadness or dampen your mood, including consuming drugs or alcohol.

SCAN HERE



for more on these topics at NMSU Guadalupe County Extension Office's website.



SOURCES FOR THIS ARTICLE

• National Institute of Mental Health - [https://www.nimh.nih.gov/health/publications/depressionCDC Suicide in Rural America](https://www.nimh.nih.gov/health/publications/depressionCDC%20Suicide%20in%20Rural%20America)
 Find more on the Extension's website at this link (or scan QR Code above) <https://guadalupeextension.nmsu.edu/mental-health.html>
 Susann Mikkelson is a trained PEARLS (Program Encouraging Active, Rewarding LiveS) Coach, trained in other mental health and wellness programming, and a certified QPR (Question, Persuade, Refer) Suicide Prevention Program trainer. If you are interested in PEARLS or other mental health and wellness programming, or your group, organization or business would like to offer a QPR Training, please contact the NMSU Guadalupe County Extension Office at 575-462-3652 or susanm@nmsu.edu.

This monthly ad is meant to inform the citizens of Guadalupe County of pertinent activities and useful information. This ad is made possible through the support of Singleton Ranches; content is developed by NMSU Guadalupe County Cooperative Extension Service. Anyone interested in providing input is welcome to contact the Extension Office at 575-472-3652 or email guadalupe@nmsu.edu.



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