Depression: Shining Light on a Difficult Subject

Among American women, breast cancer, along with skin cancer, is the most common form of cancer. Breast cancer is estimated to affect 2.1 million women in the U.S. each year. As long as you detect the signs early, breast cancer is curable. For more information on the challenge, including important dates, visit the breastcancer.org website.

If you are living with high levels of stress, you are putting your entire well-being at risk. For more information—

- Visit the eHealth.org website.
- Call 1-800-BREAST-CARE.

The screenings take place on a designated day at a convenient time. The screenings are free and confidential and provide an opportunity to learn more about depression:

- Increased risk for suicide
- Difficulty concentrating, remembering, making decisions
- Difficulty falling asleep or staying asleep
- Overeating or loss of appetite
- Fatigue, energy loss
- Difficulty breathing or heartbeat irregularities
- Muscle aches or pain
- Complaints about a change in your sex drive
- Noticing changes in your mood
- Increased alcohol or drug use

The MCPS Employee Assistance Program (EAP) conducts screenings for depression, anxiety, and other mood disorders; complete a brief screening questionnaire; and if appropriate, make referrals to counseling services. Patients are encouraged to talk to their primary care provider about their risk, and live a breast cancer warning signs and to encourage self-care.

Don’t wait for symptoms to appear; take control of your health and start now to protect yourself from breast cancer.

To successfully live tobacco free, speak with your primary care provider before stopping, identify and avoid situations that bring you stress, and develop a treatment plan to keep depression from returning.

Here are some easy ways to protect yourself from colds and the flu:

- Wash your hands regularly.
- Avoid touching your face.
- Cover your nose and mouth when you cough or sneeze.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.
- Get vaccinated.

For more information—

- Visit the Health.gov website.
- Call your local health department.

Do not quit your weight loss journey. For more information—

- Visit the MyPlate.gov website.
- Call 1-800-422-4773.

The wellness program at Farquhar is supported from the top. Principal Joel Beidleman has created a culture where wellness is the priority. He said, "We want to ensure that wellness becomes a way of life for our staff, not an occasional activity."

According to a recent survey, 1 in 4 employees say their workplace doesn’t offer enough wellness resources—more than half of employees would like their workplace to help them manage stress more. The school’s wellness program is expanding to meet this need.

William H. Farquhar Speech and Language Pathologist, Sara E. Edelberg, speech pathologist, and wellness program coordinator, said, "Our vision is to ensure that wellness becomes a way of life for our staff, not an occasional activity."

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