

Depression: How to Handle Depression at Work



Depression is a health problem that affects many people. It can impact every part of your life, including your job.

If you have depression, it may be hard to cope with the demands of your job. This may cause you to experience absenteeism or presenteeism. Absenteeism is missing work on a regular basis. Presenteeism is when you are not able to concentrate at work or do your job because of work stress or stress in your personal life.

Depression may cause your job performance to slip. You may find it hard to concentrate, or you may feel worn out from not getting enough sleep. Your relationships with coworkers may suffer.

Managing your workplace environment

Medicine and counseling are important treatments for depression. Getting treatment right away can help you feel better so you can focus on your job.

In addition, there are ways to manage work stress if you are depressed:

- Be aware of what things lead to stress so you can avoid these "triggers" that make your depression worse.
- You may want to use an employee assistance program (EAP), if your work offers this service. This program helps you get counseling.
- Learn to manage your time, and leave your work at the office. Balancing your work and personal life may help you feel better.

Talk with your supervisor or manager about possible changes. You may be able to:

- Improve the environment around your office.
- Work less from home if working from home makes your depression worse.
- Get help managing difficult people or situations.
- Schedule time off for personal time and depression treatment.
- Maintain your privacy about your health issues.
- Use company programs such as an EAP if available.

Some job situations may not improve even after you try these changes. You may want to consider looking for another job.

