

Coping with Depression... Meet Tom Walker

Lately, he's having a hard time getting out of bed in the morning, hasn't had much of an appetite and has felt particularly irritated with family and friends. It feels as though his world is crashing down around him.

He's also skipped his bowling league the last two Wednesdays, and friends keep calling trying to encourage him to get out and socialize. But he's just not interested.

At work one of Tom's buddies mentioned HealthMedia® Overcoming™ Depression, a confidential self-help online program providing access to coping strategies and skills for a wide range of symptoms—much like his own—associated with depression. Tom thought it would be worthwhile to check it out. He completed and submitted the questionnaire one night after work. With the details Tom provided, he was presented a Personal Plan for Overcoming Depression that included exercises and tools to help him learn strategies for coping with symptoms and problems, manage stress and become more productive and effective, both at work and home.

The program also provided ways for him to change negative thoughts and beliefs, as well as tips for becoming more active and engaged in his life. The information made him realize there are so many ways to change his attitude and become a better husband, father, friend and co-worker.

This encouraging thought motivated Tom to begin the program right away. He learned to better manage his time at work to get more done. Over time, he saw small changes in the way his co-workers treated him. He used the stress relief tips from the program to keep calm and maintain perspective. He found that he felt more at ease and had more patience with this family.

Once he got a handle on work, Tom felt better about other areas of his life. He began socializing again and enjoyed the time he spent with family and friends. Tom realized that changing his attitude about life had a huge impact on the way he lived.



Tom's tailored plan motivated him to make some positive changes. He learned to change negative thoughts and beliefs and became more active in his own life.



HealthMedia®
overcoming™
Depression



About HealthMedia's Healthy Lifestyle Programs

In addition to the Overcoming Depression program, HealthMedia offers programs for nutrition, weight management, stress management, smoking cessation, back pain management and prevention and care, diabetes and insomnia. These programs start by learning about you, and creating a personalized plan for you that is as unique as your fingerprint. When you decide to take the step to control your health, HealthMedia's programs can give you the tools you need to achieve your goals.

GET STARTED ON THE PATH TO SUCCESS.

- Go to www.highmarkbcbs.com.
- Complete the login process, entering your user name and password.
- If you do not have a user name and password, create one as instructed.
- Click "Your Health."
- Click "Improve Your Health."
- Choose HealthMedia Overcoming Depression.

