



Health & Fitness Weekly Wellness Message

Got the Blues? You Are Not Alone

National Depression Screening Day is this Thursday, October 6th. Ever feel like you are the only one who is sad in a world of happy people? Everyone experiences stress, sadness and anxiety from time to time – it's part of life. These feelings often happen when you lose a job, children move away from home, during divorce, with a death in the family, or during retirement. But when changes in mood and behavior interfere with one's ability to work, sleep, eat, and enjoy once pleasurable activities, it could be a sign of depression. ***National Depression Screening Day (NDS)*** gives people the opportunity to take a free, anonymous questionnaire assessing their risk for mood and anxiety disorders and provides referral information for treatment. To find a local organization offering depression and anxiety screenings or to take a screening online today go to www.HelpYourSelfHelpOthers.org and click on the "Members of the Public tab."

Because we understand the challenges that military families face, we'd like to tell you about a totally anonymous and voluntary self-assessment program. **Military Pathways** is a military mental health screening program designed around the real issues within military families. Military life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not. It's not always the best solution to deal with problems on our own; often things may even get worse and one problem can trigger other more serious issues. At times like this it's a good idea to check things out and see what is really happening.

Simply click on the following link to answer a series of questions to review your situation with regard to some of the more common mental health issues including, posttraumatic stress disorder (PTSD), depression, anxiety, alcohol problems and more:

<http://www.militarymentalhealth.org/Welcome.aspx>

The screening will not provide a diagnosis – for that you need to see a professional. But, it will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance as to where you might seek assistance.

Upcoming noteworthy events: Armed Services Blood Program Blood Drive
October 24th from 1000-1400
Building 59 (ICAF), room 118
Come on out and show your support!!



If you want to **see the difference your donation can make** in the life of those on the front lines, click on the following link:

<http://www.cbsnews.com/video/watch/?id=3004000n&tag=contentBody;storyMediaBox>



ELIGIBILITY:

To find out if you are eligible to donate, click on the following link:

http://www.militaryblood.dod.mil/Donors/can_i_donate.aspx. If you are still unsure about your eligibility, please contact Ms. Catheryn Adens at Adens.Catheryn@med.navy.mil.

FOR ANY QUESTIONS YOU MAY HAVE RELATED TO FOREIGN TRAVEL:

http://www.militaryblood.dod.mil/ncrbethesda/pdfs/ASBBCForm044_ForeignCountryTravellInfo_Oct2010.pdf

If you would like to make an APPOINTMENT:

Donors can go to www.militarydonor.com to register for an appointment. The sponsor code is McNair.

If you would like to donate but have a history of low iron levels, please contact Nancy Gouveia at nancy.gouveia@ndu.edu for tips on how to boost your iron levels prior to the draw.

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