

The Great Outdoors

S L E E P I N G B A G T M
 P A T K F P G R A N G E R
 S B H C I E A N M E S Y N
 I O G A R Y R R I S A R T
 C A I P S A I I K H E F A
 O T L K T R T I F T S S R
 M I H C A P T I N P D I P
 P N S A I S I A P N M I F
 A G A B D G L C U E M A C
 S P L T K U E O N A R O C
 S R F E I B R H T I E I A
 M E E N T G O C I S C D F
 O L H T P C H U C K B O X
 R O A M A E P G N I K I H
 E O A M S W I M M I N G E
 S C C H A R C O A L E O R

BACKPACK	HIKING
BOATING	LANTERN
BUG SPRAY	MATCHES
CAMPFIRE	MESS KIT
CAMPGROUND	PARK
CHARCOAL	PICNIC
CHUCK BOX	RANGER
COMPASS	SLEEPING BAG
COOLER	SMORES
FIRE PIT	SWIMMING
FIRST AID KIT	TARP
FISHING	TENT
FLASHLIGHT	WATER

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Seeking Help for Depression

Doctors at Johns Hopkins Health Centers say fully one third of clinically depressed patients claim they don't feel sad or blue. Instead, they complain about not feeling well for a long time, or feeling as if something is unusual or vaguely wrong.

A large percentage of all cases of depression go unrecognized. But people with clinical depression can't will it away. They need treatment just as people with arthritis, hypertension, and diabetes require medical evaluation and treatment.

Sometimes it can begin with a personal loss such as the death of a loved one or the loss of a job. Sometimes a genetic factor is at work. Sometimes the feelings of sadness, fatigue, worthlessness, and loss of self-confidence have no specific cause.

General symptoms that could indicate depression include: • headaches • back pain • muscle aches and joint pain • chest pain • digestive problems • exhaustion and fatigue • sleeping problems • change in appetite or weight

• dizziness or lightheadedness • feeling sad, empty, hopeless, or numb • loss of interest or pleasure in hobbies and activities that were once enjoyed • irritability or anxiety • difficulty concentrating, remembering, or making decisions • feelings of guilt or worthlessness • thoughts of death and suicide.



If you have depression, here are general tips: • Get help. Don't assume you will snap out of it. • Take any medication your doctor prescribes. • Try to be with other people and to confide in someone rather than being alone and secretive. • Participate in activities that may make you feel better. Mild exercise, going to a movie or a ballgame, or participating in religious, social, or other activities may help. • Expect your mood to improve gradually, not immediately. Feeling better takes time. • Eat healthy foods – high in fruits and vegetables and low in sugars and fats. • Reduce stress at home and at work. Ask for help if needed. • Postpone important decisions until the depression has lifted. • Know that it's okay to talk to your family or close friends about your depression.

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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