



# AM I DEPRESSED, OR JUST LAZY DURING THIS COVID-19 PANDEMIC?

Are you feeling slightly out of sorts, and can't quite put your finger on why? Everyone experiences the COVID-19 pandemic differently, especially because things change so often. Occasionally, we all go through waves of feeling lazy. When you get home from work, you might neglect a few tasks like household chores.

Crawling into bed makes more sense at this point, right? Yes, we all need the rest, but what does it mean when one or two lazy days suddenly turn into a few lazy weeks? Is it genuine laziness or could it be depression? Laziness and depression do have some similarities, but a few key differences too. Many who suffer from depression will initially feel like they are just lazy for not wanting to get out of bed.

## THE MAIN DIFFERENCE BETWEEN LAZINESS AND DEPRESSION IS THAT WHILE YOU CAN CHOOSE TO BE LAZY, YOU CANNOT CHOOSE TO BE DEPRESSED.

Depression is an illness, which comes on gradually over time. It can start slowly and before you know it, it has taken over your mind-set and life. Being lazy should not be confused with a serious mental illness. Usually, if you are just feeling lazy, it is a passing mood that lasts a day or two. Soon enough, you get up and gather the energy to go to do your work or catch up on your tasks.

People with depression do not have that ability. They have lost all concept of meaning in their life, of time, and responsibilities. It just does not matter. Nothing matters.



## WHAT IS DEPRESSION?



On a global scale, around 450 million people currently suffer from mental health conditions, making them one of the leading causes of poor health and disability. According to the World Health Organisation, 300 million people around the world have depression. Depression causes distress for the person suffering from it, but also for their loved ones and friends.

## SYMPTOMS OF MILD DEPRESSION MAY INCLUDE:

- Sadness or feeling “empty”
- Loss of interest in hobbies
- Irritability or frustration
- Hopelessness
- Changes in sleep patterns
- Changes in appetite (weight gain, weight loss)
- Anxiety
- Tiredness, loss of energy
- Low self-esteem, guilt



## SYMPTOMS OF SEVERE DEPRESSION MAY INCLUDE:



- Inability to make decisions
- Obsessive suicidal or thoughts of death
- Persistent, unexplained physical aches and pain like headaches, digestive problems, or joint and muscle pain
- Inability to feel pleasure or contentment
- Difficulty in thinking and memory

When you first ask yourself “Am I depressed?” it is natural to feel uncertain, confused, and overwhelmed. Figuring out if you are experiencing depression, and then what to do about it, is the first step to recovery. Remember that you are far from alone; there is help available.

## IT IS DURING TIMES LIKE THESE WHEN WE WANT YOU TO KNOW THAT WE ARE HERE FOR YOU AND YOUR LOVED ONES.

When you start to feel like this pandemic is taking its toll on you and your mental wellness you can reach out to us through the Employee Wellness Programme (EWP). You and your household have 24/7 access to professional care and support. You also have access to the Hello Doctor portal where you can instantly get expert medical advice.



Reference: <https://www.hellodoctor.co.za/am-i-depressed-or-just-lazy/>  
<https://www.healthypace.com/depression/symptoms/depression-symptoms-what-are-the-symptoms-of-depression>

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- Let us stay mindful of caring for one another and ourselves***