

[CBI Home](#)[Past Emails](#)[Program Enquiries](#)[Contact Us](#)

Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Take time at night to  
write down at least one  
positive thing about  
your day.



**Corporate Bodies  
International**

**Phone: 1300 21 31 41**

**Fax: (02) 9439 9366**

**Email: [click here](#)**



This fortnight's healthy topic...

## Escaping the Blues: Depression



Life can be full of unexpected events and pressures. Often coping with life factors can become all too overwhelming, and we can slip into a state of 'blues' or even depression. But how can we avoid or manage these feelings before they become out-of-control?

Often it is about recognising our own limits and risk factors while working to maintain good mental health.

### What can put you at risk of entering the blues?

- Susceptible personality
- High levels of anxiety
- Family history of depression



- Life Stress (Conflict, personal loss or poor working conditions)
- Use of drugs or alcohol

### Tips to maintain good mental health

- *Keeping Active* – Lifts mood, improves sleep quality, increases energy levels, provides distraction and widens social support networks.
- Healthy, balanced eating
- Adequate sleep
- Reduce stress levels by taking time to relax
- Sustaining social support with friends and family

### Something to aim for...

Try planning your days so you include time for exercise, regular meals, adequate sleep, fun activities and socialising!

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**