

# SUFFERING FROM BURNOUT OR DEPRESSION?

*Allow us to help you...*



PLATINUM  
HEALTH

Have you been struggling with exhaustion and a lack of desire to do daily tasks? Do you find yourself overwhelmed and perhaps hopeless? You might be experiencing burnout, but it could be something more.

It can be difficult to know if you're experiencing Burnout or Major Depression because they both can cause:

- Fatigue (feeling physically and/or emotionally drained).
- Loss of motivation.
- Lack of interest in things once enjoyed.
- Difficulty thinking and concentrating.
- Hopelessness
- Withdrawal from friends, family, and activities.
- Physical symptoms (headaches, digestive troubles, muscle or joint pain, and more).
- Neurochemical/hormonal changes in the brain and body.

Both conditions, Burnout and Depression, can make life difficult. Depression though, goes deeper and is more serious. In addition to the above symptoms, Depression can cause:

- A sense of worthlessness.
- Excessive feelings of guilt.
- Significant weight changes.
- Sleep disturbances (sleeping too much or hardly at all).
- Thoughts of death or suicide, with or without a plan.

- Burnout is typically caused by stress. While Depression can be linked to stress, its causes can also be genetic. Sometimes, the cause of Depression is unknown.
- Burnout tends to be shorter lived, improving once the stressor is addressed.
- Depression can disrupt life for weeks, months, or even years if left untreated.

The good news is that both Burnout and Major Depression can be treated. Working with a Platinum Health therapist can be beneficial, as can lifestyle changes like proper nutrition, exercise, relaxation, and mindfulness. Sometimes, Depression requires antidepressant medication. If you are experiencing any of these symptoms that are significantly disrupting your life, schedule an appointment with your therapist who can assist you on the journey to recovery. For more information or assistance, contact the Platinum Health Mental Health Services on 014 590 1700.