

HOW MUCH DOES IT COST TO "FEEL BLUE"?

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How much is our over thinking cost?

What productivity can you expect each day?

What can you do about it?

- Did you know that having a "racing mind" became totally normal today?
- Have you met a person who was not driving and talking on the phone and eat his lunch in the same time?
- Have you ever meet a person who hasn't felt down and enable to control life situations?
- Do you know anybody who does not have that little voice talking in the back their head?
- How many times do you feel tired during the day and can't concentrate?
- How many people can't wake up without coffee, dragged the working days, be happy after food, drinks and smoking and wait for the weekend to come and sleep?

Am I describing someone you know?

I am going to tell you a word called-- Depression. Normally you would never make connection depression and to what I just describe above. Depression is still a taboo word today; however 80% of the people who visit physician are depressed.

However, "feeling blue" is depression, and it is all over the world. There only a different degree and intensity of just how "blue" someone feels and how much does that affect his/her life.

Did you know that "feeling blue" or depression is a **not an illness but lifestyle or rather "mind" style consequence of overactive mind**, a mind which is keeping us prisoner and inability to handle thoughts, manage difficulty and feeling worthless, and screaming for love and caring, and finally giving up trying and on life?



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Literally everyone experiences depression in their life on a different level, intensity or severity. **Average person spends 12% of their life time depressed.** 1 out of 4 families has at least 1 member who is depressed. 1 out of 5 Australian adults are depressed. 30 % of women and close to 20% of men are depressed in developed countries.

Do you know that 35-45% of the people who call-in sick are actually "feeling blue" or depressed?

80% of the depressed people don't seek help, because they think it's normal to feel down, sad and exhausted all the time. Most people think "feeling blue" is their personal weakness or carried by genetics to feel, think and live life this way.



Of course the medical solution in antidepressant drugs are enormous business. Anti-depressants also carry the tremendous and often deadly side effects for those who want to treat the "symptoms" of the overactive mind with medication. What do we have? We got the therapist and the shrink. Traditional cognitive therapy cost again a whole lot and takes a long time and the effectiveness is 20%. Most depressed people (80%) in traditional therapy will relapse.

It's sad to realize that in today's rushing society non-stop thinking over active mind is a normal. Did you ever questioned that why we end up with excess body weight, diabetes and arthritis, high blood pressure and most likely die in heart attack or cancer?

We are so wrapped up to live longer on a sterile world, have more stuff, get to places faster, or live in anger, feeling guilty and resenting what we did not do. We don't live in the present anymore.

WHERE IS ALL THIS LEADING IF WE DON'T CHANGE?

Do you know that depression lies behind heart disease, obesity, arthritis and diabetes?

Do you know that our thinking actually not only destroying and polluting our planet but ourselves too?

Do you know that by 2030, 27 million people will be dying of cancer, heart disease, stroke and diabetes? By 2020 depression will be the second killer after heart disease.



People who "feel blue" drink, eat, smoke, and take drugs excessively, get involved in "pleasure adventures", retail therapy, gambling to relief their pain temporarily.

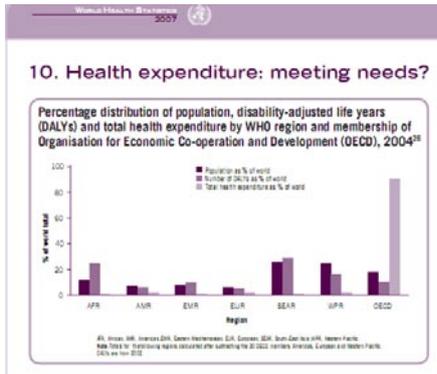
No wonder that the obesity, alcoholism, drugs and suicide are such an enormous problem today among adult, teenagers and children.

The world is living "feeling blue" and keeps reflecting the pain back to the other. We don't know what to do, so dump our anger onto others in our family and work for not being able to get out of the rut.

Overactive mind comes up as anger, homicide, rage, broken families and broken lives, producing even more depression. Everyone experienced feeling blue at some point in their lives- either their own or others. One out of 4 families has at least one family member who is depressed.

We still don't realize that--- we are creating our misery by our own thinking and not our environment makes us depressed. It is our reaction to life events; it's what meaning we attach when something happens. It's our created conscious or unconscious behavior from our own beliefs.

HOW MUCH DOES IT COST THE WORLD TO TAKE CARE OF OUR "DISEASES" FROM OUR MODERN LIFESTYLE?



Let me show a little insight from WHO (World Health Organization) 2007 report. Developed countries, whose population is much smaller, pay over 11% of their national income for health, meaning \$3000 per person per year. Ironic, but do you know that this number for third world countries (Africa) where 50 % of the worlds disease come from health care cost \$36dollars per person per year?

Mind bothering to think of the rate of self destruction where our overactive mind will lead us after the 2008 economical crash.

Let's face the numbers. Missing work due to depression cost 1 billion dollars in Australia, 51 billion in USA, 17 million GBP in UK, and 3.5 billion dollar in China.

WHAT HAPPENS WHEN "FEELING BLUE" PEOPLE SHOW UP AT WORK?

People who "Feel blue" can use 40% of their capacity to produce efficient work.

"Feeling blue" for 6 months 2 years, which a generally the length people are depressed; cost the Australian government pays 2.3 B AUD on profit loss.

Don't think that "feeling blue" only affects only the western world. It's just not openly talked about in Asia yet. China leads the depression rate and causing serious suicide. Smoking is one way to feel better when you feel down and 50-70% of the people in Asia smoke to manage their anxiety.

HOW DOES "FEELING BLUE" AFFECT YOUR COMPANY?

You as an employer can be paying through your nose for untreated "feeling blue" people who live in denial.

How affordable is in today's economy to employ inefficient people who drag themselves to work, make costly mistakes and make you lose money; drinking coffee and smoking all day? Who stay up late at night to drink and party to compensate for the hated job? Who don't sleep enough, constantly tired and eat bad food? Who returns to work the next day feeling even worse?



How efficient is to keep losing employees due to inefficiency and keep retraining new employees? How much of time and money do you lose during the retraining 2-3 months?

Every untreated employee cost \$10,000/year on lost profit.

HOW WOULD YOU LIKE TO HAVE AN EFFICIENT WORKPLACE AND SAVE MONEY?



How much different of the work place is when everyone is happy to be there and work with pleasure?

A dream workplace where the employees feel rewarded, appreciated for their work which motivates them to do better?

Would you rather willing to give a raise to each employee who can actually contribute happily to your company growth, who are healthy, efficient and happy not only as an employee but as a parent and a person?

How different would it be to promote continuing education and personal growth rather than retraining the basics?

How much time do you save on medical leave, when your employees eat well, sleep enough, live a healthy lifestyle?

How much better would you feel having trusting honest and kind people working for you?

How much would you save by investing into your best people to make them more efficient healthy and happy?

How would you like to see an efficient solution?

How would you like to see what Alive™ can do for you by "Unlocking Human Potential"?