



THE TRUCK PEOPLE
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Hill International Trucks

Understanding Depression & how to Fight it for Truckers

Depression is a mental illness that most, if not all, truckers will experience in some form during their time on the road. Depression affects the human body physically, mentally and emotionally. Depression, anxiety and stress are all common among truck drivers. With daily tasks, long-haul drivers have to deal with the pressure of pick-up and delivery appointments, traffic, weather conditions, and even difficulty with directions. Combining all of these factors with the time spent away from loved ones can lead to depression.

Early Signs of Depression

- Persistent sad or anxious feeling
- Overeating or loss of appetite
- Feelings of hopelessness or restlessness
- Fatigue
- Difficulty concentrating or making decisions
- Headaches, muscle tension, or pain
- Lack of motivation
- Insomnia
- Sleep Problems
- Drug or alcohol abuse
- Social withdrawal



If you are experiencing any of the above, we suggest trying these 10 Steps in the right direction:

1. **Listen to Motivational Music and Materials.** Substitute AM and FM radio for something a little more motivational and spirit driven.
2. Get Some Much Needed **Exercise.** Exercise causes release of chemicals in the body that fight stress and depression.
3. **Humor.** Humor will immediately relieve stress. Funny movies or television programs are good for many laughs during down time.
4. **Communication and Social Interaction.** Don't only keep in constant contact with loved ones, but try to become friends with fellow truck drivers during routine rest stops.
5. **Eat Healthier.** It may be difficult to choose healthier options, but it isn't impossible. Some truck stops do offer healthier options, so choose those when possible.
6. **Sleep.** Getting a proper amount of sleep will help for a full day's worth of driving. More importantly, getting a sufficient amount of sleep will help with feelings of helplessness, anxiety, and overall depression.
7. **Set Goals.** Setting simple goals during your time on the road can boost morale and make the time spent on the road fly by.
8. **Gift of Travel.** Embrace your time on the road. Visit landmarks, catch a ballgame, or check out the local cuisine.
9. **Don't Let Social Media Consume Your Life.** Social Media can either be your best friend or your worst enemy. It's a good way to keep in contact with family members back home, but can be stressful with toxic friends and negative posts. Choose time spent on Facebook and other social media platforms wisely.
10. **Pursue Hobbies or Passions,** even on the road. Don't let your passions or hobbies become non-existent. Make time to keep up on sports, writing, reading, or other activities. Some hobbies are unrealistic to enjoy on the road, but broaden your horizons and find a happy median.



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