

title: **I'm struggling to make it to daily stand up lately because of seasonal depression. I'm getting scared and need advice.**

num_comments: 18

num_up_votes: 14

upvote_ratio: 1.0

Post Text

I WFH and I have a pretty laid back team. I didn't struggle with making it to stand up ever, but after depression crept in (first time I've had it in a few years) it's impossible to get out of bed, and my adhd avoidance/self start issues are magnified. I'm also getting crazy migraines and wake up with them most days which makes getting up and staring at screens even harder. I've missed stand up 1-2x a week the past 2 months. It's not a huge deal if I know I'm gonna miss and post before hand, but lately I can't even do that and then I get a message from my manager asking if I'm OK. I'm never in trouble, but it's obviously not a good look. And I don't feel comfortable telling him what's really going on cause I'm afraid it will make me look incompetent. Then last week I failed to get out of bed for not only stand up, but my skip manager meeting. I had a panic attack and just broke down. I work really hard, and still am getting my tickets done (and more) but my anxiety now is so bad I can't fall asleep, and force myself to stay up all night so I don't miss stand, which of course messes up my work day cause I can't focus. I was just put on antidepressants again and take adderall. Has anyone else struggled with this combo? Work feels like the only thing I have control over in my depressive episode. So for that to slowly slip and show is hurting.

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

You should consider talking to your manager about your struggles. They may surprise you. Mine did. Years ago, I was experiencing something similar and felt the way you do now. I was so nervous when I went to meet with her. She had this look that said, "your reasons for missing work better be good."

When I told her I was struggling with mental health issues (bipolar manic depressive and ADHD) her whole BEING immediately changed! She came over and gave me a huge, and thanked me for telling her because now my actions made complete sense.

I told her that I decided it would be best for me to resign and move to my folks to get help. She was unexpectedly supportive and said to always call her whenever I needed a job reference. And she's always come through on that.

I know this is just my story, but your manager may surprise you too, as mine did.

Edit: regarding your other question, I've been on Adderall and Lamotrigine (was on Wellbutrin before Lamotrigine) for over 10 years. I've been doing great with them. The only time when my Adderall/Wellbutrin combo was ineffective was when I was smoking weed. I struggled with weed addiction for about 8 years, but my meds didn't truly work (still experienced mild depression and anxiety) until I went to rehab got clean (5 years =)) Meds now work great and as expected.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Thank you for this! He's a really kind manager and I'm sure he'd understand. He just speaks highly of me and I feel I would change his perception of me if he finds out I am struggling with my adhd/depression rn.

I don't do any drugs or drink. I'm on adderall XR and bupropion (may of butchered the spelling)

Anyways thanks for sharing your experience. I def don't want to resign or take time off. I live in the Pacific Northwest and so honesty winters are very hard. There's only sunlight 7am-5pm and most days are overcast so no sun at all. It really takes a toll on me.

I'm allowed to work anywhere in the US. So I'm thinking about spending my winters in a warmer state to help it.

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

Go have your vitamin D levels checked. Low vitamin D can cause seasonal depression (or at least mimics the symptoms in the same time period)

I had severe seasonal depression until I was at a point of breakdown a few years ago, when I was completely unable to do anything productive and had panic attacks daily. after seeing my doctor it turned out my vit D levels were dangerously low. Started with supplements and since then haven't had any issues anymore.

Being lethargic, not being able to get out of bed and especially migraines are also signs of a vit D deficiency.

Might be worth it to get it checked.

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

Came here to say that if you don't go outside in the sun a few hours a day or take vitamin D pill, start. Not only does it affect mood, it's also correlated with more mild cases of COVID

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Thank you for this. In the past I have had low vitamin d levels. I take 4000IU everyday, but maybe that's too low for me. I haven't had blood work in a few years so I'll make an appointment to do that.

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

If you are getting all your work done and more then what more are you expecting from yourself? Is it possible you have a toxic relationship with work (i.e. workaholic)? You need to be able to feel good about yourself for other things besides outputting code.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

No this is totally true. I never thought I did, but I'm the only woman on my team so I think there's an added pressure I put on myself to out perform. I think the frustration with myself is mostly because my sleep is so messed up, it's causing me to miss the one meeting I need to be at every day.

I did start setting boundaries with myself lately (like I don't look at my computer after 5 or on weekends unless I'm on call. I used to be horrible about that and just work when I'm bored)

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

How much vacation do you take a year?

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Last year I took 2 days.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

Then you already know what my advice is.

How many hours a day do you work?

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Yeah.. I decided I'm gonna request a week or two off in may and take myself on a coastal road trip with my dogs. I really haven't done any trips since Covid started & I spent the holidays covering for everyone's month long vacations.

Work kinda just depends on the sprint & deadlines. On a good day 3-4 hours. On a bad day 8-12 (a lot of those lately cause we were pushing a huge project to prod, it should be slowing down now)

3-4 hrs is like I'm super focused and knock stuff out

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Be gone for a full sprint, plus some bracket time on each end. If the team can't handle things in your absence, find another place to work.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Set a hard limit of 8 hrs per day. If that's a problem for them, find a better place to work.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Thanks this is really good advice.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

How long have you been back on the antidepressants? As I'm sure you know it can take a few weeks to kick in. It might also be worth trying a different one, depending on how long/how many times you've been on your current antidepressant. I was on and off Lexapro for years and it stopped working well for me after a while. I went on Effexor a little over a month ago and my depression and anxiety are starting to be much better. I also took a much-needed week off a couple weeks ago, and I know that helped a lot. If you can, I recommend taking a bit of time off, even if it's just a few days. Plan something to do outdoors if it's warm enough where you are, and also take some time to relax and get some rest! It's important to give your body the food and rest it needs so that your brain can function properly. Good luck, I know how hard the anxiety + depression + ADHD struggle can be.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

I also just read your reply saying that you live in the PNW. Don't underestimate the effects of seasonal depression, it can take a BIG toll. I live in Berlin and the rain and cold were starting to really get to me, too. I work remotely so my partner and I decided to come spend some time at his family's house in Portugal and it has helped me immensely! If it's possible for you to get some time in the sun I recommend it, but if not, at least be kind to yourself and remember that it's natural for

the winter to deepen your depression and that the winter won't last forever! The sun will come out again!

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Thank you so much for both your comments! After reading everyone's input I am putting in for a longer week-ish long vacation in may, I'm gonna go somewhere sunny with my dogs!

I def need a break and more sunshine as well.

But until then I think I will also take your advice for a small break. Maybe I need to schedule in monthly weekend trips for myself or something. Work has just become everything cause of WFH and so I think I just need to figure out how to separate myself from my work self and hope that helps with the depression / anxiety.

As for the medicine, I was on this antidepressant years ago — but that also was before my adhd diagnosis / treatment. So I've never used the combo before.

Edit: I've been on the antidepressant for about a month. So maybe it hasn't fully kicked in?

Commenter_7

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

lately ive been getting scared because i think i may be depressed but since im a minor im still loving with my parents and they just fucking *love* seeing everything i do (tracking software) so if i do get a therapist online or whatever theyd find out and aaaa i just realized this was irrelevant to this post but i think im going insane so imma post it anyway please fucking help me