

# JOHN WEAVER, PSY.D.

Psychologist, Author, and Professional Speaker

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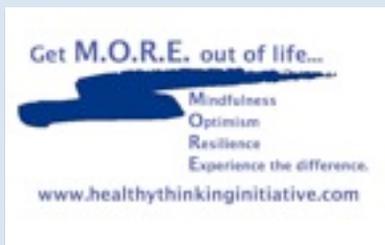


*Are you missing something in your wellness programming?*

## A Missing Piece in Wellness: The Prevention of Depression

### Transforming the Workplace with Healthy Thinking

Dr. Weaver is the director of **The Healthy Thinking Initiative** and co-founder and owner of **Psychology for Business**, bringing applied psychology to business and industry. He is the chair of the Wisconsin Psychologically Healthy Workplace Committee and is an accomplished professional speaker.

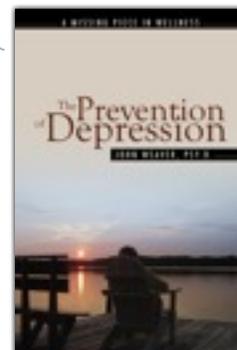


New Book!

#### DEPRESSION:

- ✓ *The #1 health care cost to business*
- ✓ *Many wellness programs do not address depression*
- ✓ *Healthy employees need healthy emotions*

[www.outskirtspress.com/preventingdepression](http://www.outskirtspress.com/preventingdepression)



#### Comments from:

*The National Wellness Conference:*

*"One of the best, most practical sessions I attended this week. Truly something to take home and use!!"*

*"The best breakout session I attended! Excellent information with clear application to the workplace. Very important introduction of new approaches to worksite wellness."*

*The Art & Science of Health Promotion Conference:*

*"Excellent. Best presentation all week!"*

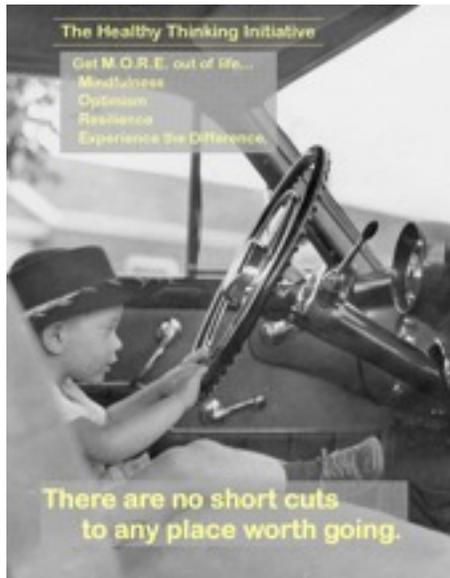
*"Most interesting session of the week."*

*"Excellent. Innovative and Practical."*

*"Best talk of the conference so far!"*

## Dr. John Weaver

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Professional Speaker  
Author  
Consultant  
Executive Coach



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### The Missing Piece in Wellness: The Prevention of Depression

Depression *leads health care costs* for business. Medical costs for employees with a depressive disorder are 70% higher than for those who are not depressed, yet most wellness programs do not directly address either depression or its prevention. Thinking patterns, including pessimism, inflexibility, and mindless reactivity are risk factors for depressive disorders. Each episode increases the prospects for chronic depression. By learning the skills of mindfulness, optimism, and resilience, employees can avoid depression and reduce the use of psychiatric medications. These healthy thinking styles also promote creativity, stress hardiness, and engagement in a psychologically healthy workplace culture.

Other professional presentations are also available:

**Organizational Wellness:  
Building a Psychologically  
Health Workplace.**

**Bringing the Science of  
Happiness to Work.**

**Developing Compassion as  
a Path to Real Happiness**

*...or your request for another  
topic on psychological wellness*

### Transforming the Workplace With Healthy Thinking

Many wellness professionals are frustrated that individuals who need to make behavior change *resist starting and continuing in a lifestyle* that brings about wellness. Pessimistic attitudes, cognitive rigidity, high levels of stress, depression, and fear contribute to this resistance. Training in the healthy thinking skills of mindfulness, optimism, and resilience counteracts these tendencies and lends support to efforts made that foster a holistic wellness lifestyle. These same skills are associated with effective engagement, lifelong learning, and establishing the balance necessary for the long-term growth of an organization in an increasingly competitive business environment, where healthy and high performing employees can make the difference. Integrating systematic training of the mind with clear guidance in the dimensions of wellness can transform resistance into successful lifestyle change. It elevates the value of wellness interventions and results in a competitive advantage in the marketplace.