

The Healthy Mind: Understanding & Coping with the Effect of Mood

BE WELL Lecture Series

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Depression & Coping with the “Blues”

- Across the Lifespan: Adult and Adolescence
 - Wide range of moods & causes
 - Recognized Common symptoms and signs
 - For yourself and your loved ones

- Resources & Strategies that might be helpful

Helping Others

- Educate yourself about the warning signs & act quickly
- Encourage loved ones to get an appropriate evaluation
- Offer emotional support and engage the individual in conversation and listen carefully
- Do not ignore remarks about suicide; report them to the depressed person's therapist
- Separate “fact from fiction” by using credible sources with information based on sound medical science rather than rumor or opinion



Helping Yourself

- Learn to identify the symptoms & signs of depression
- Take advantage of the principles used in the styles of psychotherapy to help depression
 - Counseling / Therapy
 - Self-Help Approaches
- Understand what medications can and can't do
- Explore alternative ways – including exercise, self-help groups, mindfulness meditation, spiritual & religious support, etc

UMass Department of Psychiatry

- Clinical, Training, Research, & Community Missions
- **Wellness Initiative: 5 Key areas**
 - Physical Activity / Exercise
 - Nutrition / Healthy Eating
 - Smoking Cessation
 - Stress Management / Mindfulness
 - Primary Care & Health Promotion
- Wellness Academic Interest Group
- For patients, staff, faculty, and trainees



Learning About Healthy Living

TOBACCO AND YOU

Jill Williams, MD

Douglas Ziedonis, MD, MPH

Nancy Speelman, CSW, CADC, CMS

Betty Vreeland, MSN, APRN, NPC, BC

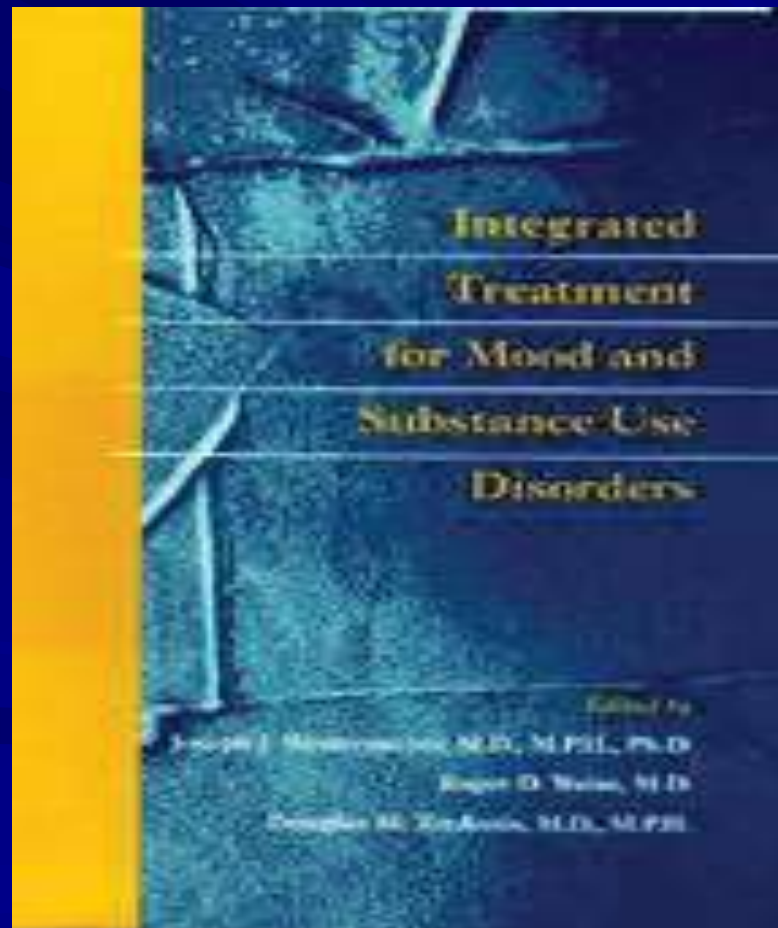
Michelle R. Zechner, LSW

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Erin L. O'Hea, PhD

Integrated Treatment for Mood & Substance Use Disorders

- Westermeyer, Weiss, & Ziedonis



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Depression Overview

- 21 million Americans have depression
 - 1 out of 33 children & 1 in 8 adolescents
 - 1 in 4 women; 1 in 10 men
- A serious, medical condition that interferes with a person's ability to participate in and enjoy life
- Nearly 80% recover with treatment, but less than one-third actually seek treatment
- Left untreated, depression can lead to personal, family, and financial difficulties, and, in some cases, suicide

Depression has Largest Effect on Worsening Overall Health

- Worsens recovery from other health problems & chronic illnesses
- A risk factor for a shorter life
- Worsens – asthma, angina, diabetes, arthritis, pain syndromes, etc
 - Depression doubles mortality after heart failure
 - Four fold increased mortality after a heart attack

Signs of Mental Well-Being

- Accept self – the good and the less good
- Maintain close, positive, and trusting interpersonal relationships
- Have some control in your life – make decisions and resist peer pressure
- Recognize purpose in life
- Pursue areas of personal growth to continue growing and understanding yourself and life better

Depression Symptoms

- Persistent sad, anxious, or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness, and/or helplessness
- Restlessness or irritability
- Loss of interest or pleasure in activities that the person once enjoyed
- Fatigue and decreased energy

Depression Symptoms

- Difficulty concentrating, remembering details, and/or making decisions
- Insomnia, early–morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease with treatment.
- Thoughts of suicide, suicide attempts

Suicide in Adults

- Suicidal thoughts are a common part of depressive illness
- Suicide is the 11th ranking cause of death in the U.S.
 - Four times as many men than women die by suicide in the U.S.
 - Twice as many suicides compared to murders
- Alarming suicide rates among men and the elderly may reflect that these populations are less likely to seek treatment

Types of Clinical Depression:

- Mild Depression
 - Dysthymia
 - Major Depression
 - Bipolar Disorder
-
- Ways they Differ: Intensity, Duration, Change, and Interference

Clinical Manual for
Diagnosis and
Treatment of
**Psychotic
Depression**

Anthony J. Rothschild, M.D.

Dysthymia is not Grief

- Grief is depression in proportion to circumstance
- These losses are a part of life – universal & unavoidable.
- We cannot deeply love without becoming vulnerable to loss. Losing is a price of living; and a source of growth and gain.
- Sadness is just how you might feel – it is honest and loving, genuine, and real.

Common Responses to Loss

- Shock, numbness, disbelief
- Weeping, suffer the rawness of deep, fresh pain
- Anger at the world, yourself, God
- Guilt
- Bargaining
- Depression / Despair
- Acceptance – life has to go on despite the profound loss
- Adaptation

Holiday Blues

- Supposed to be a time of happiness, good cheer, joy, fellowship with loved ones and optimistic hopes for the coming new year.
- Holidays can trigger unresolved issues:
 - Past losses / Unresolved grief
 - Anticipating a significant loss
 - Contrast between then and now
 - Disappointment about now
 - Contrast between image of holiday joy and reality of ones life
 - Sense of increased isolation and loneliness.

Spectrum of Alcohol Use



Use

Consequences

Repetition

Loss of control, preoccupation, compulsivity, physical dependence

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BPS-S Causes of Depression

■ Biological (self and external)

- Genetics & Brain Biochemistry
- Other Medical Illness (cancer, infections, hormones)
- Certain medications
- Substance use, misuse, abuse, dependence, and withdrawal

■ Psychological Factors

- Certain personality traits
- Low self-esteem
- Pessimism
- Inner conflicts: influencing personality & symptoms
- Tendency to worry excessively

Social & Spiritual Factors

■ Social - Environmental factors

- Stressful life changes, e.g. marriage, divorce, birth, death
- Exposure to violence, neglect, abuse or poverty
- Isolation

■ Spiritual factors

- Meaning – Purpose
- Values
- Relationships

Recognize Common Spiritual Dilemmas

- Unfairness—*Why me?*
- Unworthiness—*I don't want to be a burden*
- Hopelessness—*What's the point?*
- Guilt and punishment—*I'm being punished but I led a good life*
- Isolation and anger—*No one understands me*
- Vulnerability—*I am afraid*
- Confusion—*Why is this happening to me?*
- Abandonment—*God (or family) doesn't care*

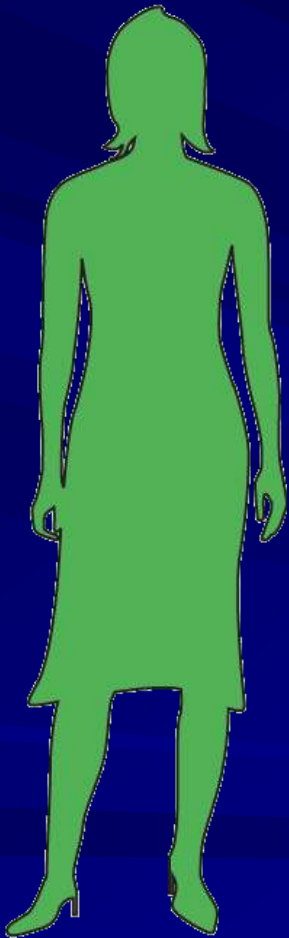
Depression and Women

■ Relationships & work roles

- Major responsibilities at home and work
- Caring for children and aging parents
- Marital problems, single-parent, divorced
- Struggle with finances

■ Reproductive events

- Hormonal changes, e.g. pregnancy, perimenopause
- Inability to have children (or decision not to)
- Postpartum depression in first year after childbirth



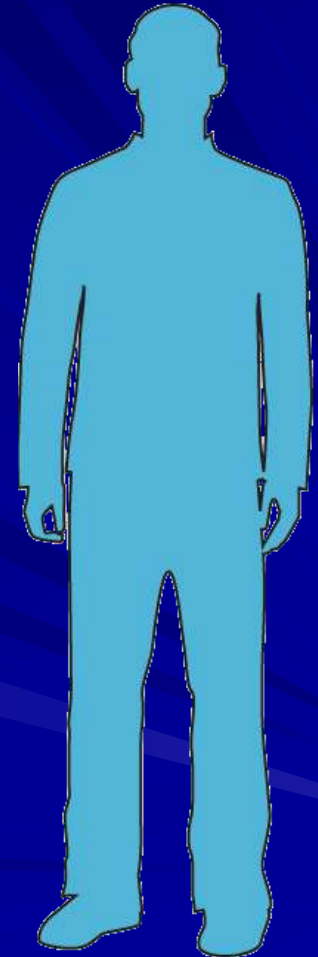
Depression and Men

■ Relationships and work roles

- Solidifying a career path
- Struggle to balance work and family
- Struggle with childrearing and finances

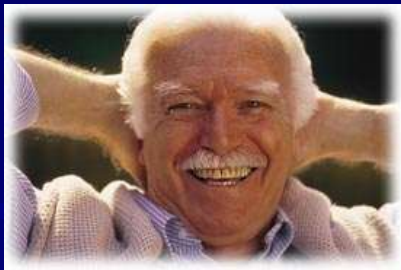
■ Irritability, anger & discouragement

- may be difficult to recognize
- cope by diving into work, attempting to hide depression from family and friends
- May engage in reckless behavior e.g. alcohol or drugs
- More willing to acknowledge fatigue and loss of interest than feelings of sadness, worthlessness and excessive guilt



Depression and the Aging

- Retirement
- Loss of loved ones, e.g. widows/widowers
- Hormonal changes, e.g. menopause
- Issues of own mortality
- Reluctant to discuss feelings of sadness or grief
- May focus on physical symptoms
- More Medical Conditions & Medications & Alcohol Use



Depression is Treatable

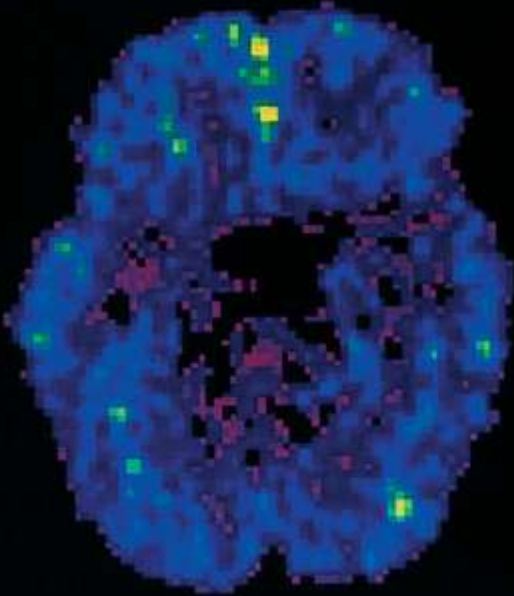
- Depression is highly treatable in adults; among the most treatable of mental disorders
- Treatment choice depends on the pattern, severity and persistence of depressive symptoms and the history of the illness
- Early treatment is more effective and helps prevent the likelihood of serious recurrences

Treatment Options

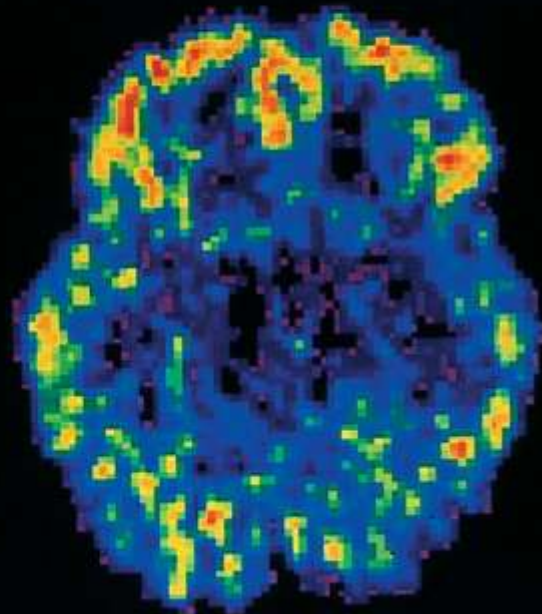
Treatment	Examples
Psychotherapy	<ul style="list-style-type: none">– Cognitive Behavioral Therapy (CBT)– Psychodynamic– Supportive therapy– Couples & Family– Mindfulness Based CT
Antidepressant Medication	<ul style="list-style-type: none">– SSRIs (Lexapro, Paxil, Zoloft)– MAOIs, TCAs and atypicals– Mood stabilizers
Complimentary and Alternative Medicine	<ul style="list-style-type: none">– Light therapy– Hormonal treatments– Exercise & MBSR

PET scans: Before and After Medication

Depressed



Recovered



Resources to Help

- Feeling Good – David Burns
- Learned Optimism & What you Can Change and What you Can't – Martin Seligman
- Emotional Intelligence – Daniel Goleman
- Beating the Blues – Michael Thase & Susan Lang
- Getting the Love You Want – Harville Hendrix

The Psychology of Feeling Good

- Feelings and Thoughts:
 - Distorted Thoughts and Where they Lead
- Behavior:
 - Do What Would Help You to Feel Better
- Relationships:
 - When Troubled Relationships Darken Our World

Recognize your style of explaining events to yourself – self-talk

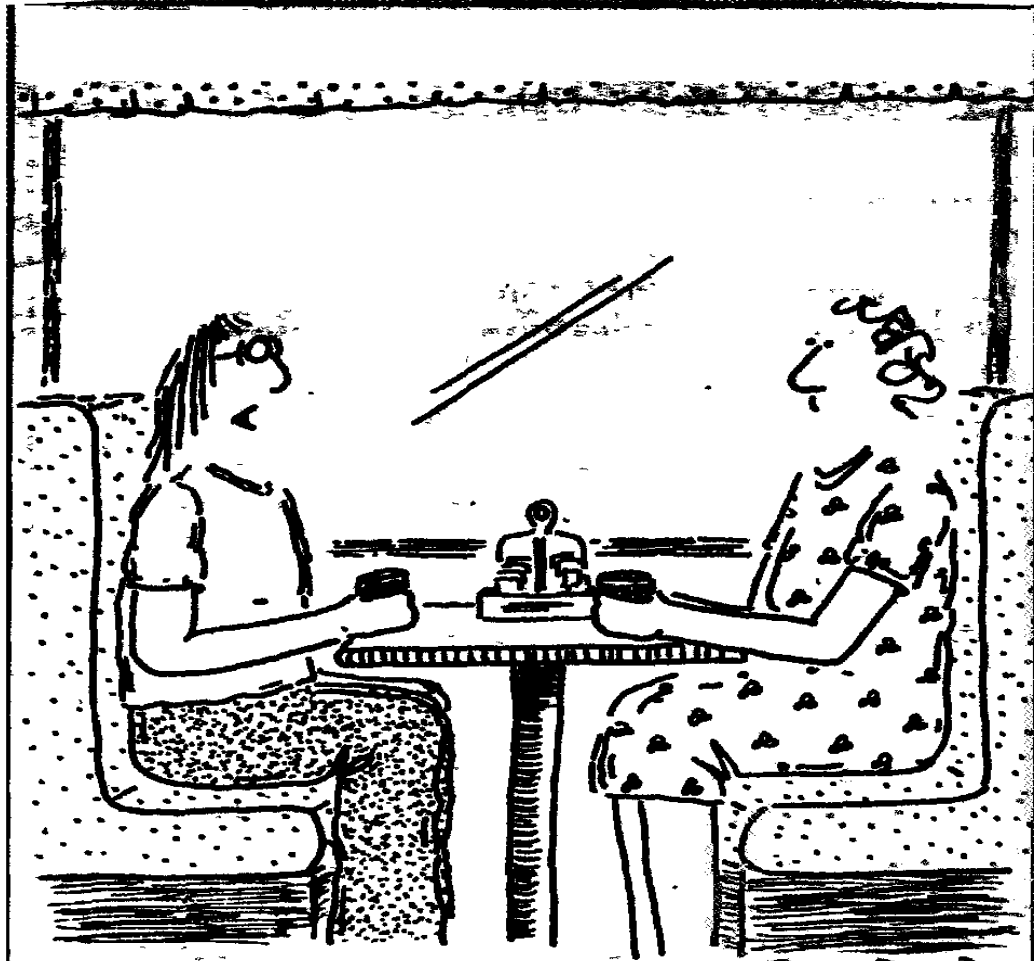
- Is there another way to see things?
- Common Self-Distortions
 - All or Nothing / Black or White
 - Ruminating: Recycling Disturbing Thoughts
 - Over generalizing
 - Mental Filtering – Tunnel Vision
 - Minimizing: Disqualifying the Positive
 - Jumping to Conclusions
 - Catastrophizing – Magnifying
 - Comparing Up
 - Mind Reading

Learned Optimism

- Recognize that you're experiencing a disturbing emotion
- Notice your thoughts – what triggered the emotion – do a reality check – are you ignoring, minimizing, or exaggerating something
- Identify negative or distorted automatic thoughts
- Challenge your negative thoughts
- Reframe your thought so it is not negative, personal, or pervasive

Helping Loved Ones with Depression

- Encourage the person to talk and assert themselves
- Reassure the person they have a right to express their anger or other feelings
- Avoid blaming, accusing, saying they have no reason to be depressed, avoid avoiding
- Encourage them to join groups, exercise, get help
- Help reduce their isolation
- Remember although you might feel frustrated – they feel miserable



**“I’m not ready to improve my life.
I’m still in the complaining stage.”**

Enhancing Relationships

- Be Present – really listen
 - Reflective listening
 - Ask before offering advice
 - Empathy and Validation
- Share appreciations – share your gratitude
- Be honest – but fight fair – be in the now
- Watch your common pattern
 - Prickly or Fade Away
- Take Responsibility and Show your love



Serenity Prayer

God grant me the
Serenity
to accept the things I
cannot change...

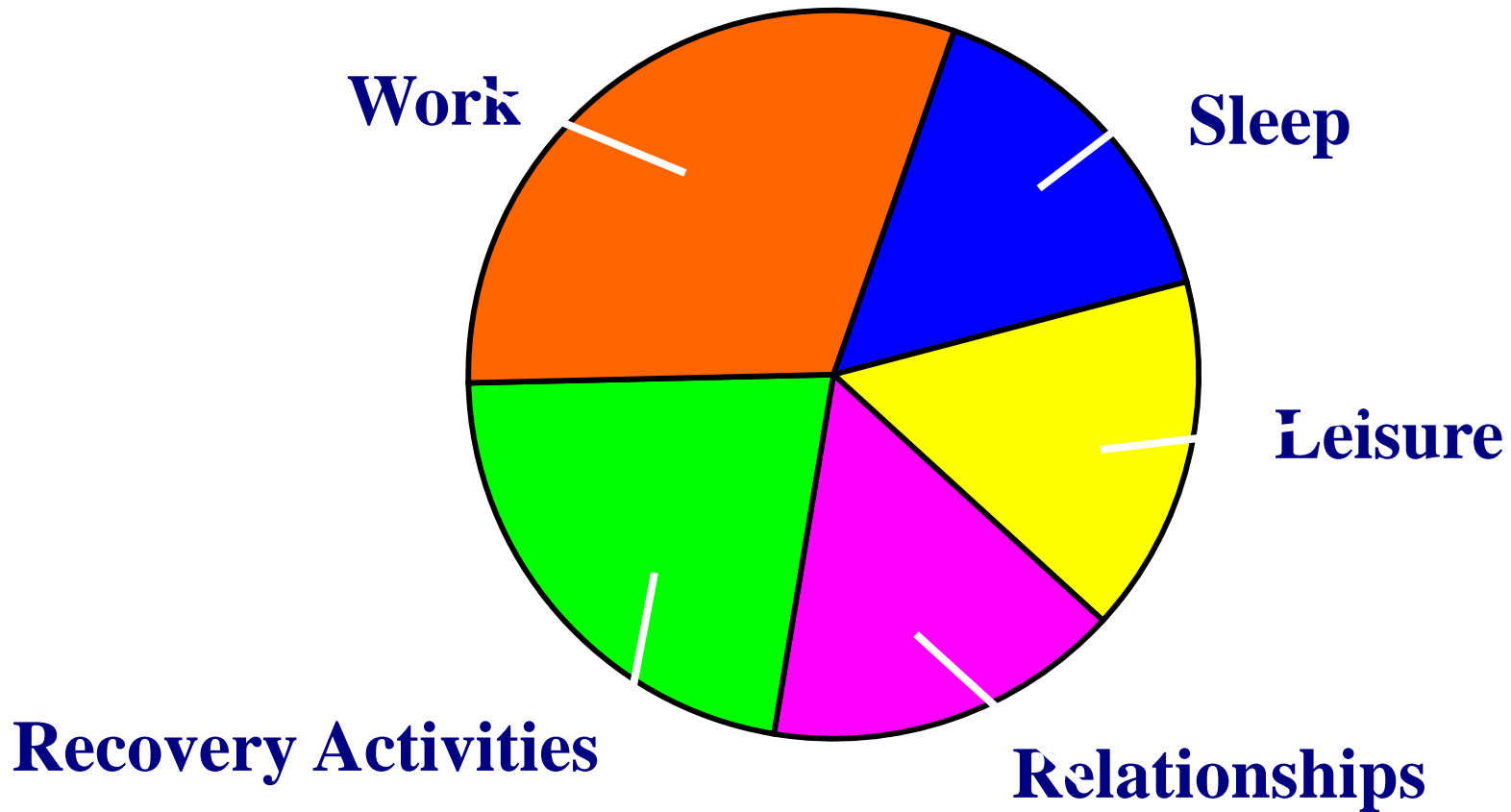
Courage to
change the things I can

and
Wisdom to
know the difference...

Recovery is . . .

- not cure, but rather a way of living a meaningful life within the limitations of addiction, mental illness, or both
- a process of restoring self-esteem
- a symbol of a personal commitment to growth, discovery, and transformation
- a process of readjusting our attitudes, feelings, perceptions, and beliefs about ourselves, others, and life in general

Putting Balance and Priorities into Life



Relaxation & Stress Management

- Deep Breathing
- Progressive Muscle Relaxation
- Mindfulness Based Stress Reduction (MBSR)
- Guided imagery , hypnotherapy
- Massage therapy

Other Self-Help Resources

- Music:
 - Own playing / singing / participation
 - CD player/tape player and CDs, tapes
 - Nature sounds
- Art and Drama Therapy
- Gardens: Herb, flower, and vegetable
- Poetry
 - opportunity to create alone or with others
 - opportunity to listen
- Religion & Spirituality

