

Depression, Anxiety and Stress:

Working Towards a Healthier You



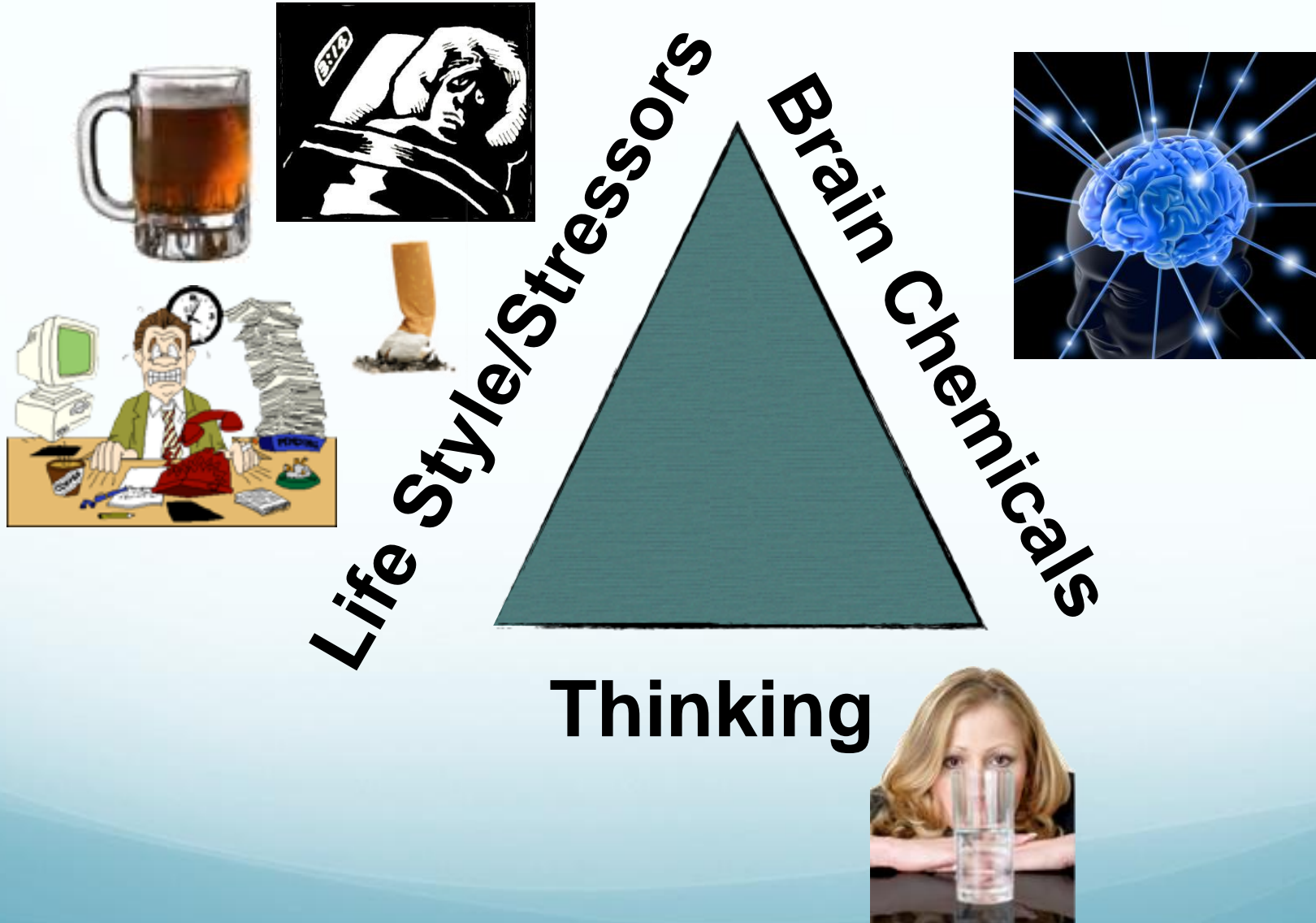
Outline

- **Depression :**
 - What is it?
 - How could it affect my life?
- **Anxiety:**
 - What is it?
 - How could it affect my life?
- **Depression and Anxiety:**
 - What's the connection?
- **Working towards a healthier you**
- **Questions**

What is Depression?

- A medical illness
- It can affect your ability to work, study, play, and otherwise enjoy your life.
- Much more than just being 'sad'.

What Causes Depression



What is Depression?

- Emotional symptoms
- Physical symptoms
- Mind-body connection

Depression and other medical problems

- Pain disorders -> increased risk depression
- Depression -> increased risk of pain
- neurochemistry and emotional factors.
- 'Pain is depressing, and depression causes and increases pain'
- Also seen with many chronic medical conditions
- Alcohol/drug abuse

BAD CYCLE

ARE YOU DEPRESSED
BECAUSE YOU HAVE
DIABETES OR IS DIABETES
CAUSING YOUR DEPRESSION?

YES!



Major Depressive Episode

- A cluster of symptoms lasting at least two weeks
- Most prominent symptoms include:
 - Depressed Mood
 - Loss of interest/pleasure in enjoyable activities

Additionally.....

Poor Sleep/Oversleeping



Changes in Appetite



Poor Energy

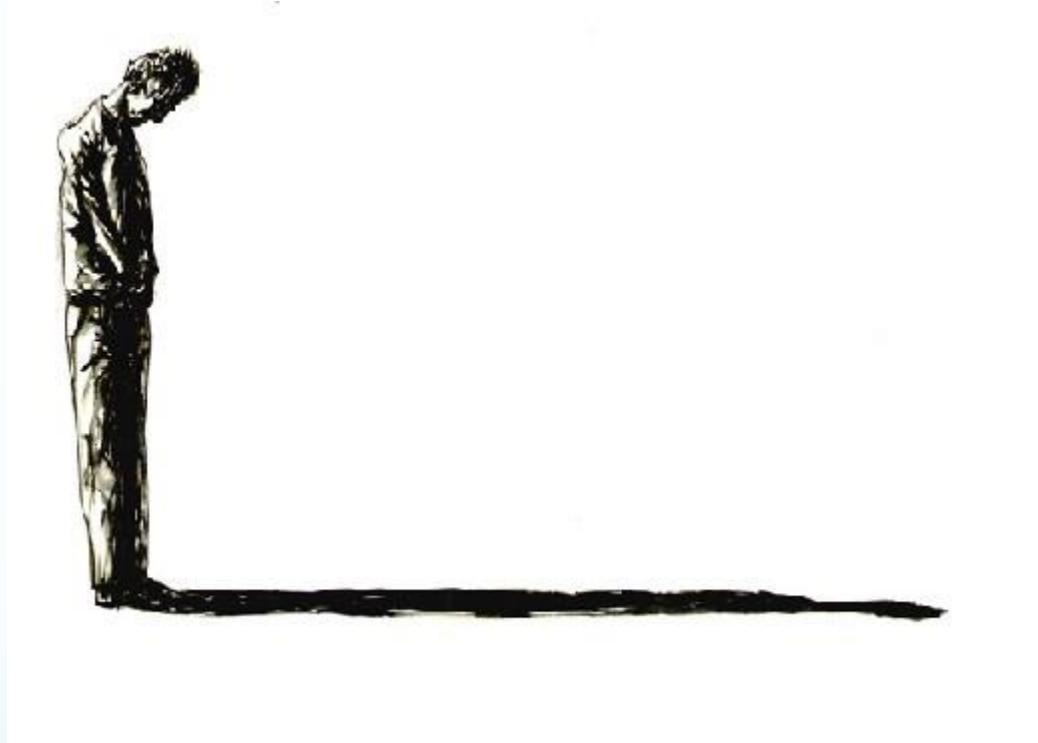
- Fatigue nearly every day



Poor Concentration/Attention



Feelings of worthlessness or guilt



Agitation/sluggishness



Thought of death/suicide

- Something that can't be ignored
- Reach out for help:
 - Your family doctor
 - The emergency room
 - The Fraser Health Crisis Line:
 - 604-951-8855
 - 1-877-820-7444

How can depression affect your life?

- Imagine – Feeling hopeless, angry, and in despair
- Exhausted
- Overwhelmed by day-to-day tasks
- Watching your work/school/relationships suffer
- Feeling powerless, out of control

What Depression is **not**:

- Most of the time, when we feel sad, it is a normal emotion:
 - Death
 - Loss
 - Declining health or independence

What Depression is **not**:

- A 'failure' or the 'fault' of the sufferer
- 'all in your head'
- Uncommon

Depression is:

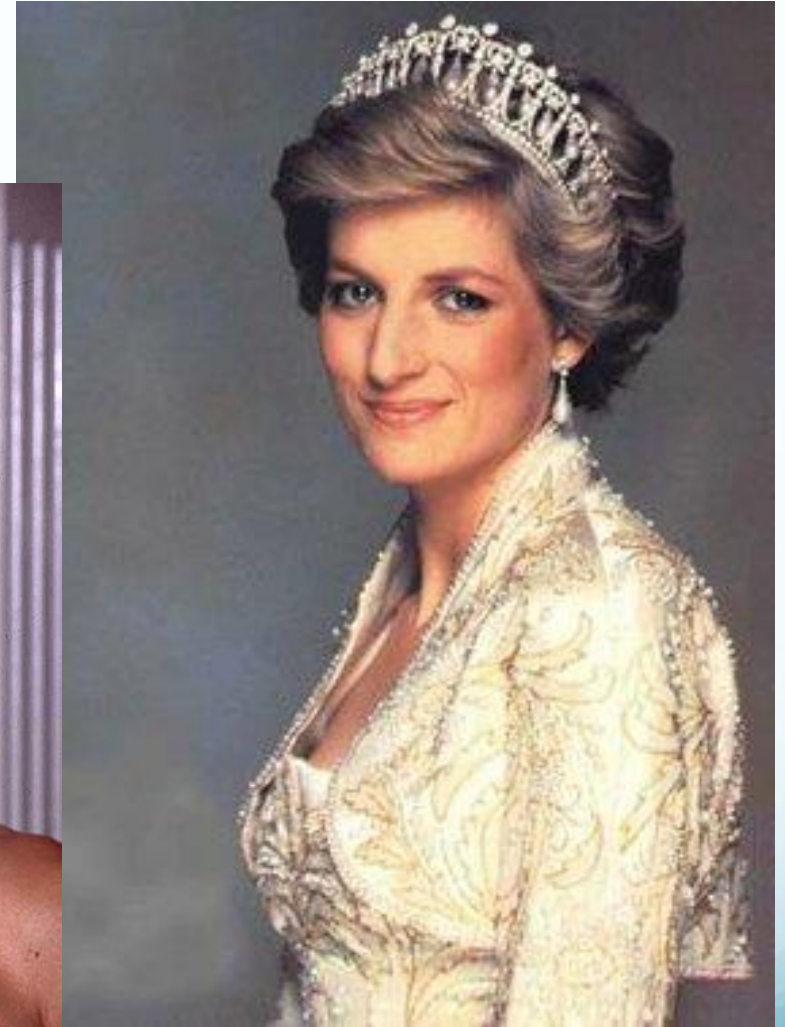
- Very common:
 - 12% of men
 - 25% of women

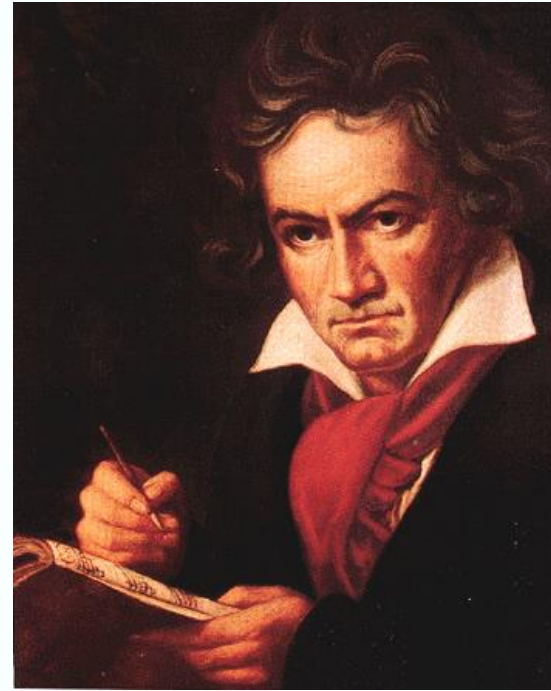
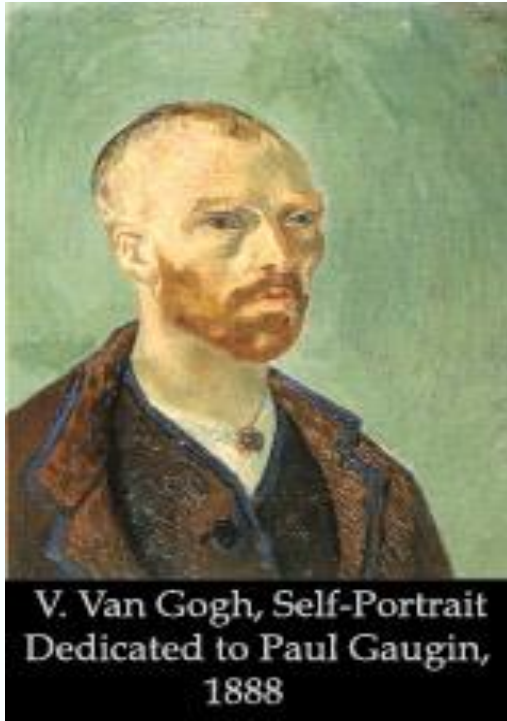
will suffer from an episode at some point in their lifetime
- There are effective treatments that can help (and things you can do!)

Famous People with Depression



Famous People with Depression





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Anxiety

- “An overwhelming sense of apprehension and fear often marked by physical, emotional, cognitive and behavioural components”

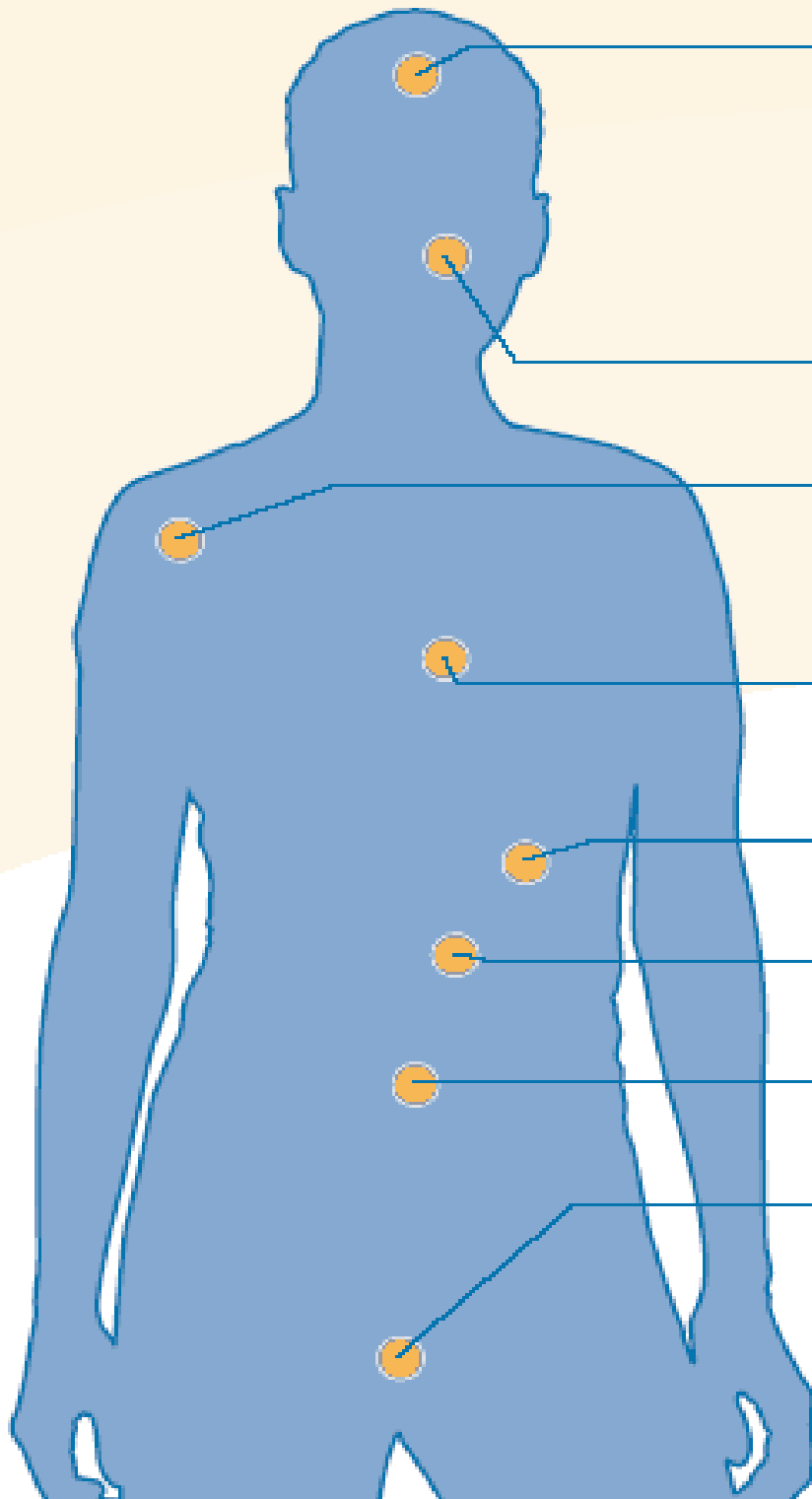


In other words...

- Anxiety affects:
 - Your body
 - Your feelings
 - Your thoughts
 - Your behaviour

What are the symptoms of anxiety?

- Body: stomach pain, nausea, chest or throat tightness, tremor, sweating, pounding heart
- Feelings: unease, worry, dread, “on edge”
- Thoughts: racing, unrealistic view of problems, expecting the worst possible outcome
- Behaviour: unable to sleep, difficulty concentrating, withdrawing from usual activities, angry outbursts



BRAIN AND NERVES

Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble concentrating, memory problems, trouble sleeping, mental health problems (such as panic attacks, anxiety disorders and depression)

SKIN

Acne and other skin problems

MUSCLES AND JOINTS

Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

HEART

Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

STOMACH

Nausea, stomach pain, heartburn, weight gain

PANCREAS

Increased risk of diabetes

INTESTINES

Diarrhea, constipation and other digestive problem

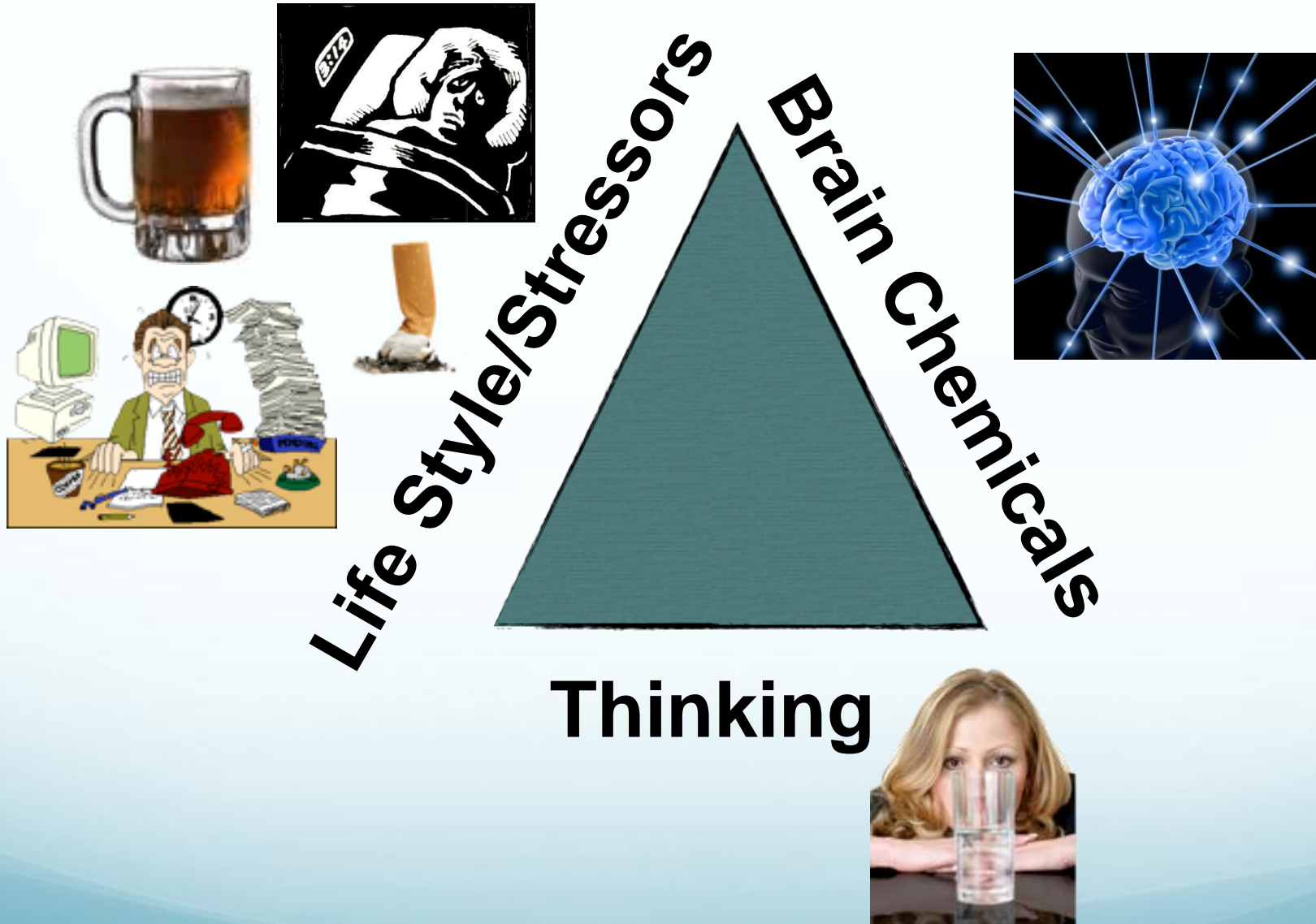
REPRODUCTIVE SYSTEM

For women-irregular or more painful periods, reduced sexual desire. For men-impotence, lower sperm production, reduced sexual desire

IMMUNE SYSTEM

Lowered ability to fight or recover from illness

Depression/Anxiety Triad



But don't we all get anxiety?

- Anxiety is a Normal, physiologic defense:
 - Triggered by a stressor, eg: upcoming exam, work evaluation, performance
 - Goes away when stressful event is over
 - Doesn't interfere with daily life
- Anxiety can actually *help* us complete a challenging task!



When does anxiety become a disorder?

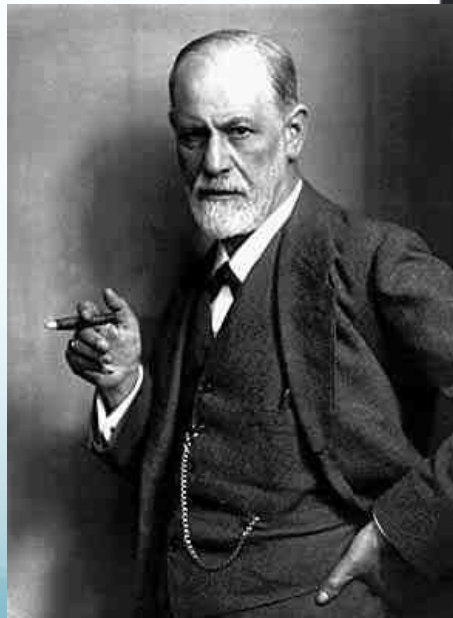
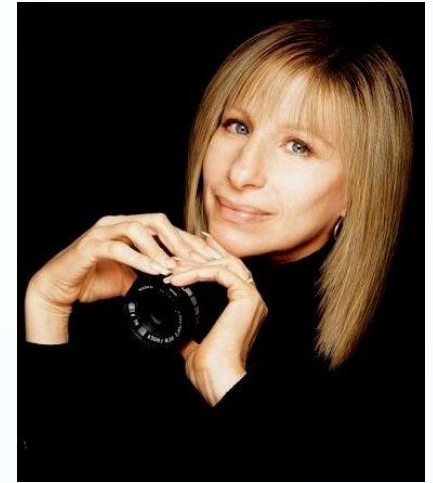
- Fear, panic, or anxiety..... daily, often out of proportion to the stressor
- **fight-or-flight** - activated, even when no real threat exists.
- Like being stalked by an imaginary tiger.
 - sudden panic or anxiety attacks without any trigger
 - constant nagging worry or anxiousness.



Myths and Facts

- Common Myth:
 - Anxiety is the result of weakness in the sufferer...
- NOT true! Anxiety disorders result from an imbalance in a person's brain chemistry, their thinking patterns, and life stressors
- Fact: Anxiety disorders are genuine medical diagnoses
- Fact: Approximately 12% of Canadians have some form of anxiety disorder

Examples of famous people who have been affected by anxiety disorders...





The Link



- Separate medical illnesses
- Often co-exist.
- Both: caused, in part, by an **imbalance of brain chemistry.**
- Any **lack of control** within our lives can contribute
- when they happen at the same time both are **worse!**

Depression/Anxiety and (((Pain)))

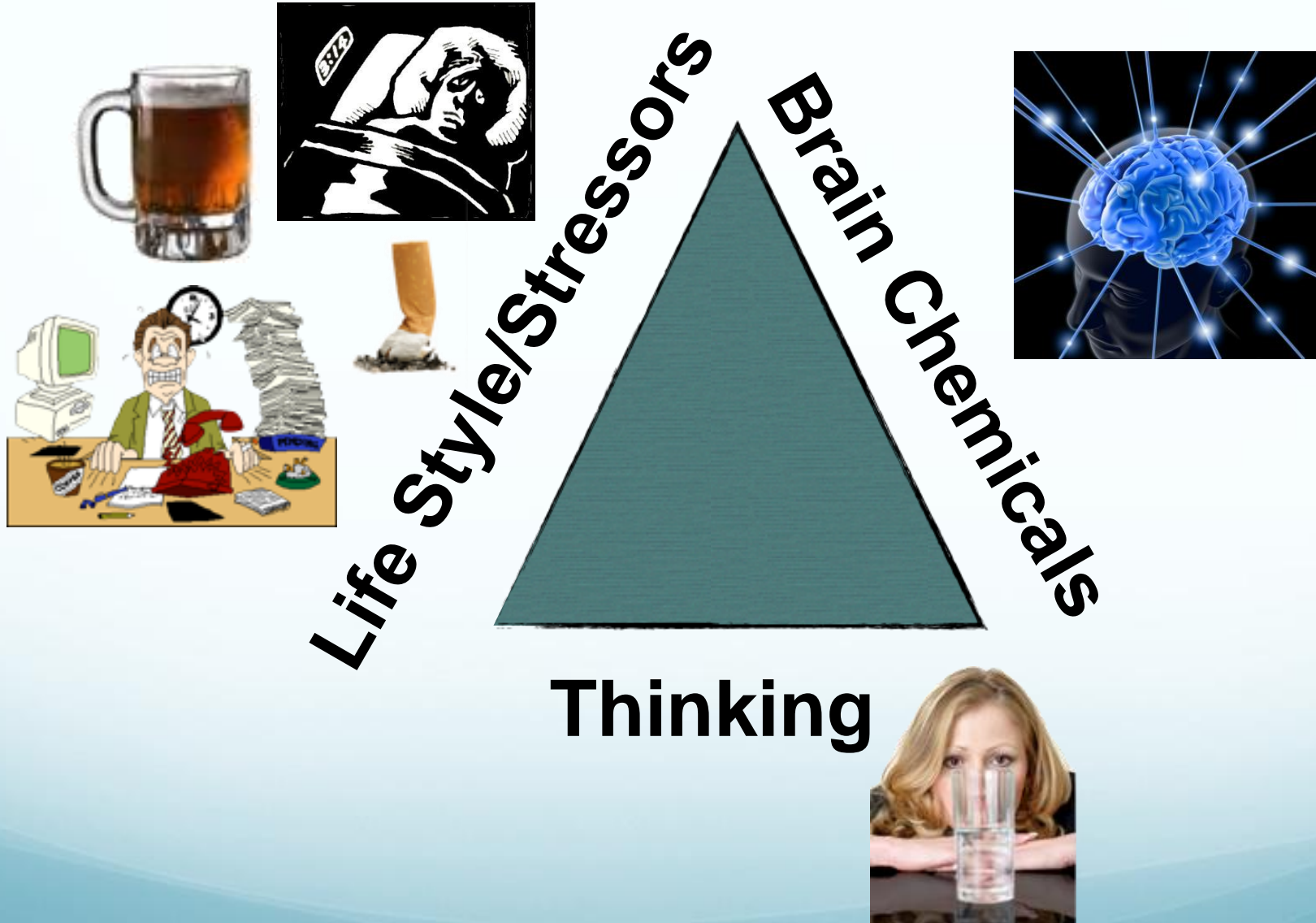
- Pain is depressing
- Depression causes and increases pain.
- People with chronic pain have **3X** the risk of developing mood or anxiety disorders
- Depressed patients have **3X** the risk of developing chronic pain.
- Imbalance of brain chemicals- pain is increased (along with sadness, hopelessness, and anxiety.)
- And chronic pain, can imbalance the brain chemicals more

BAD CYCLE...AGAIN

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Treatment



Antidepressants

SSRIs:

Celexa (citalopram)

Cipralex (escitalopram)

Paxil (paroxetine)

Prozac (fluoxetine)

Zoloft (sertraline)

SNRIs:

Cymbalta (duloxetine)

Effexor (venlafaxine)

Pristiq (desvenlafaxine)

Tricyclics:

Adapin (doxepin)

Elavil (amitriptyline)

Others:

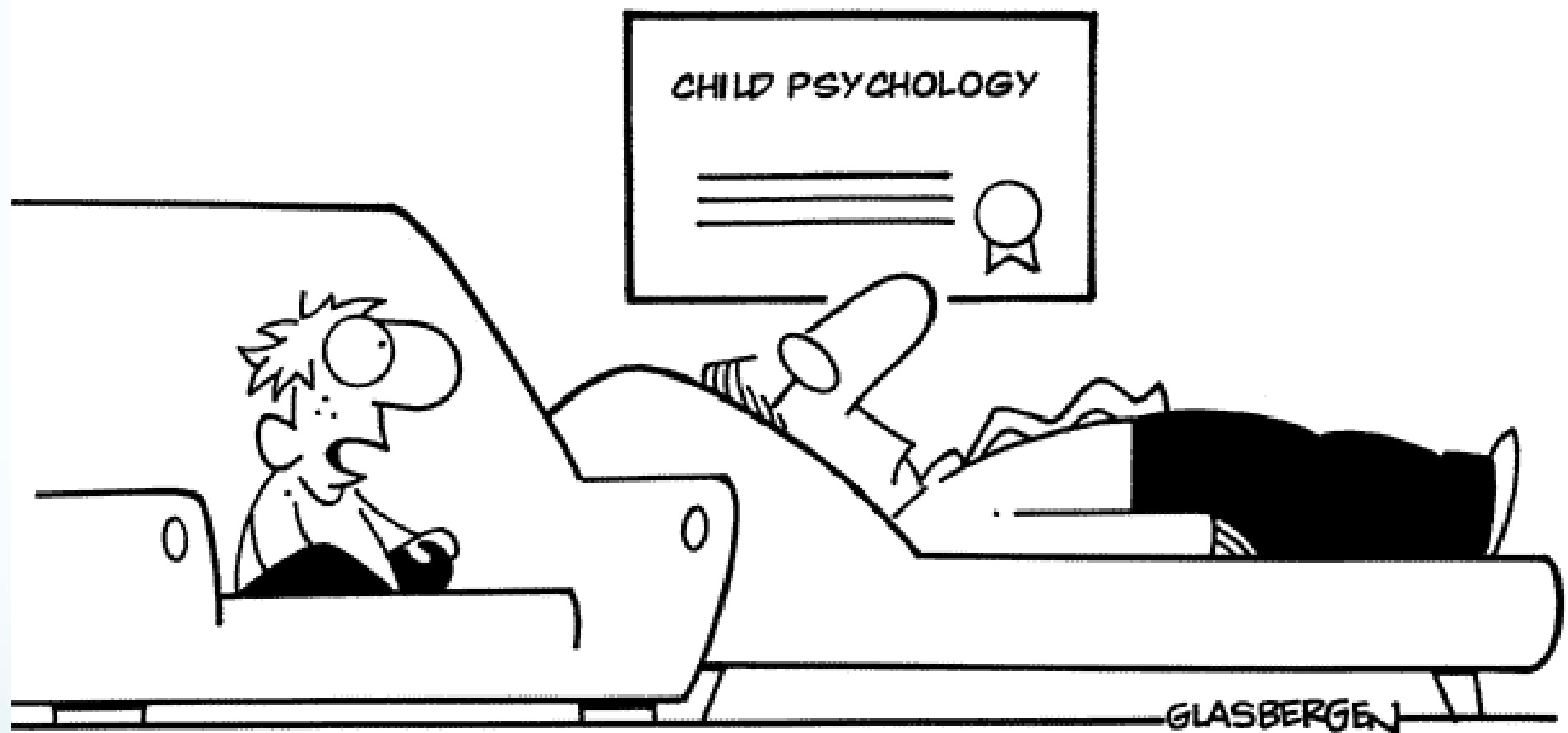
Buspar (buspirone)

Remeron
(mirtazepine)

Wellbutrin
(bupropion)

- Many medication options, with benefits and drawbacks.
- It might take several tries to find the one that works best for you.
- More benefit with more severe depression/anxiety
- Therapy + medicine seems to be more effective than either alone.
- Talk to your doctor!

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"You're spending the best years of your life doing a job that you hate so you can buy stuff you don't need to support a lifestyle you don't enjoy. Sounds crazy to me!"

Sleep

“A good laugh and a long sleep are the best cures in the doctor's book”.

~Irish Proverb



Think back over the last two weeks. Have you:

- Felt tired all the time?
- Spent more time in bed than usual?
- Had poor quality or fewer hours of sleep?
- Napped during the day?
- Cut down on physical activities?

If you've answered YES to one or more of these questions, the information that follows can help you get the sleep you need.

Tips for Getting Better Sleep: “Sleep Hygiene”

- **When you wake up in the morning**
 - Get out of bed as soon as you wake.
 - Try to get up at about the same time each morning
 - Go outside into the fresh air.
 - Do some physical activity

Tips for Getting Better Sleep: “Sleep Hygiene”

- **During the day**
- Do not nap.
- If you’ re worrying about things during the night, set aside some time for problem-solving during the day.
- Keep a sleep-wake diary.
- Be physically active.
- Avoid drinking caffeine after 4pm

**EXERCISE IN
THE MORNING
BEFORE YOUR BRAIN FIGURES
OUT WHAT YOU'RE DOING**

believe-to-achieve.tumblr.com

Tips for Getting Better Sleep: “Sleep Hygiene”

- **Before going to bed**
- Avoid going to bed too early.
- Avoid alcohol
- Don't smoke
- Don't go to bed hungry or with a full bladder.
- Avoid vigorous exercise late in the evening.
- Allow yourself time to wind down
- Use your bed only for sleep and sex
- Avoid sleeping pills.

Tips for Getting Better Sleep: “Sleep Hygiene”

- **Overcoming sleep problems:**
- Get up if you can't sleep after trying for 15 to 20 minutes:
 - Do something quiet and distracting
 - Go back to bed when you feel more relaxed and sleepy.
 - If you're still awake after a further 15 to 20 minutes, Repeat

Diet: Canada Food Guide



Recommended Number of Food Guide Servings per Day

| | Children | | | Teens | | Adults | | | |
|------------------------------|----------------|-----|------|-------------|------|-------------|------|-----------|------|
| | 2-3 | 4-8 | 9-13 | 14-18 Years | | 19-50 Years | | 51+ Years | |
| | Girls and Boys | | | Female | Male | Female | Male | Female | Male |
| Vegetables and Fruit | 4 | 5 | 6 | 7 | 8 | 7-8 | 8-10 | 7 | 7 |
| Grain Products | 3 | 4 | 6 | 6 | 7 | 6-7 | 8 | 6 | 7 |
| Milk and Alternatives | 2 | 2 | 3-4 | 3-4 | 3-4 | 2 | 2 | 3 | 3 |
| Meat and Alternatives | 1 | 1 | 1-2 | 2 | 3 | 2 | 3 | 2 | 3 |

Healthy Diet

- Stay at a healthy weight:
- People who are obese are more likely to develop depression and people who are depressed are more likely to become obese
- People who are underweight often battle anxiety and depression as well as health problems such as osteoporosis
- If you have a weight problem, talk to your doctor about healthy ways to manage it with diet and exercise

Diet and Eating

- There is much information available on healthy living/eating
- There is no miracle food/vitamin that will cure depression/anxiety
- Despite this, maintaining a healthy diet and weight is important to your mental health

Regular exercise goes a long way towards improving both our physical AND mental health

MentalHealthHumor.com

By: Chato B. Stewart



Reduce Depression

Relaxation tips



Quick Relaxation Techniques

- Soak in the Warmth
- Visualization
- Muscle Memory
- Focus



Abdominal Breathing

- Put a hand on your chest and one on your stomach – How are you breathing right now?
- Close your eyes
- Put both hands on your stomach
- Breathe out all the way. Then, breathe in deeply but gently. Imagine your stomach is a balloon that you are filling up slowly with air
- Breathe out slowly, and visuallize your stomach emptying. The more you breathe out, the easier it is to take your next deep breath.

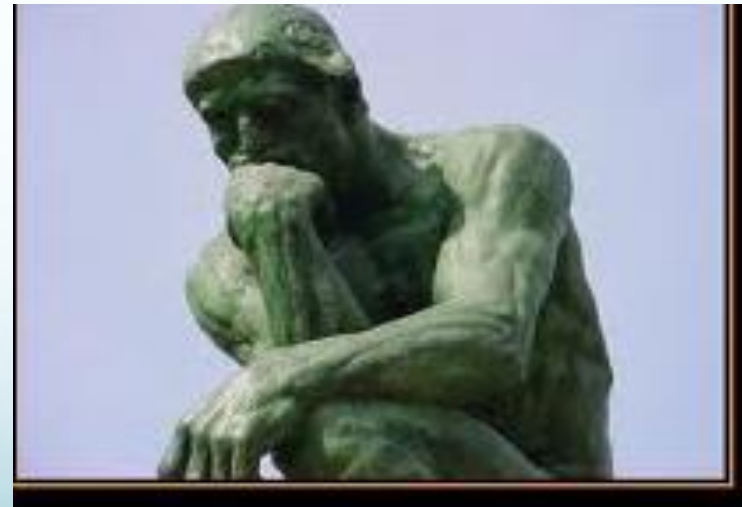
Muscle Relaxation

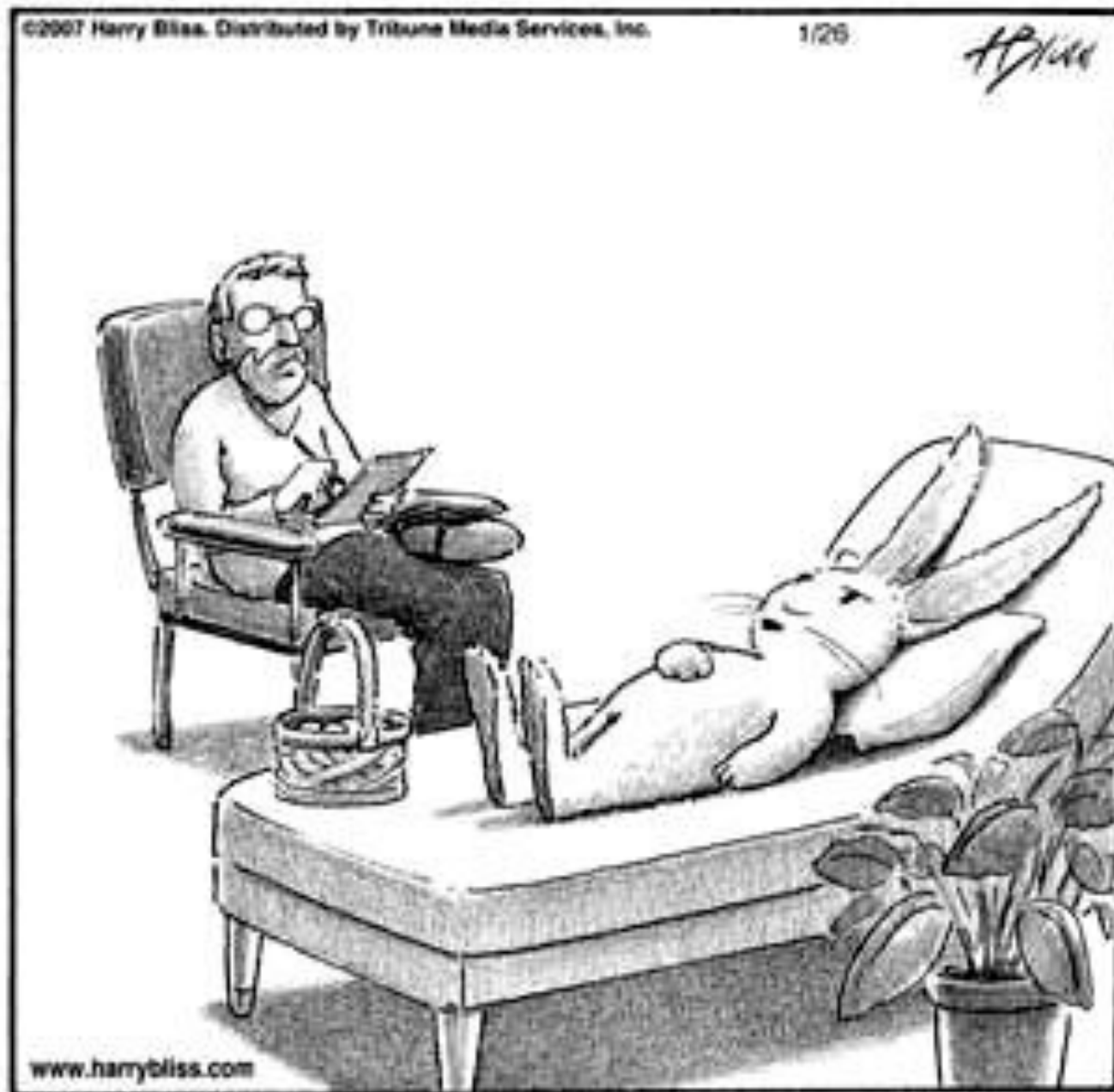
- Similar to abdominal breathing, this is a skill you can practice at home!
- It is especially helpful at bed time, or anytime you need to mentally and physically relax and balance yourself.



Thinking

- **Structured Problem Solving (SPS):**
- **SPS may provide insight into:**
 - Relationship problems (partner, family, friends)
 - Unemployment or stress at work
 - Financial problems
 - Housing problems
 - Health problems
 - Etc.





www.harrybliss.com

"I dunno, I guess I just don't believe in myself anymore."

Thinking

STRUCTURED PROBLEM SOLVING TABLE

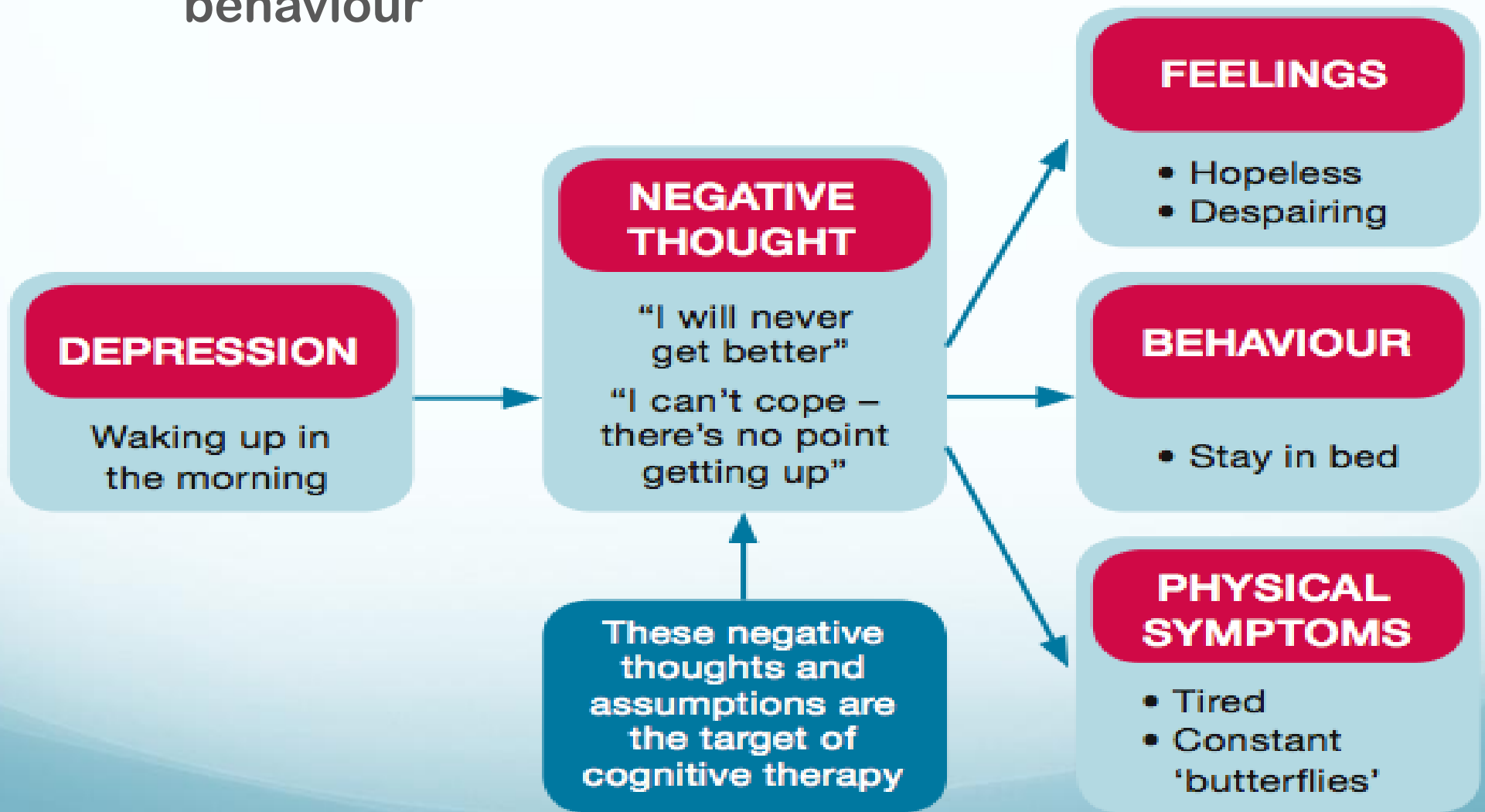
| Problem | Options | Advantages | Disadvantages |
|---------|-------------|------------|---------------|
| 1 | 1 2 3 | | |
| 2 | 1 2 3 | | |

Cognitive Behavioural Therapy

- We all have automatic thoughts and assumptions that affect how we respond to a given scenario.
- Sometimes these automatic thoughts are overly negative or inaccurate
- For example: Thoughts such as “I'm a failure”, “Nobody loves me”, “Things will never improve” are unhelpful ways of thinking.

Cognitive Behavioural Therapy

- CBT helps identify your automatic thoughts
 - -gives insight into how your thoughts affect your behaviour



Common Thinking Errors

- **Filtering:** focusing only on the negative
- **Emotional reasoning:** “I feel it so it must be true”. Feelings are NOT facts
- **Catastrophizing:** imagining the worse case scenario, intensifying your fear

Opposite Action Strategy

- Catch yourself thinking negative thoughts, then do the exact opposite:
- Instead of trying to accomplish all your usual tasks, remind yourself that depression limits your energy and set realistic expectations
- Instead of punishing yourself by calling yourself names “I'm a loser”, learn from mistakes and focus on what you did **right**.
- Instead of talking about depressing subjects, deliberately choose lighter topics

Positive Thinking

- Seek out activities that foster positive thoughts:
- Watch a funny movie
- Go for a walk
- Plan a picnic in the park
- Create a “bucket list”



Positive Thinking

- Spend time helping someone else
- Be creative: doodle, play an instrument, take an art class, join a choir
- If you have kids, take time to play
- If you have a dog, go for a walk
- If you have plants, groom them
- If you like cooking, choose a new dish to make



Support

- It might be tempting to 'withdraw' if you're suffering from anxiety/depression
- Your friends/family can help:
 - Listening
 - Assisting with problem solving
 - Temporarily taking on tasks to help you cope
 - Understanding (more caring, less critical)
 - Helping you reflect on you symptoms
- Don't neglect relationships! Doing something normal (i.e. Going to a movie with friends) can help you feel normal.

Remember

- If you think you might have a problem with depression or anxiety, there is help available!
- Talk to:
 - Your Family Doctor
 - The Chilliwack Mental Health Center
 - **604-702-4860**
- Or go online!
 - The Canadian Mental Health Association
 - **<http://www.cmha.ca>**