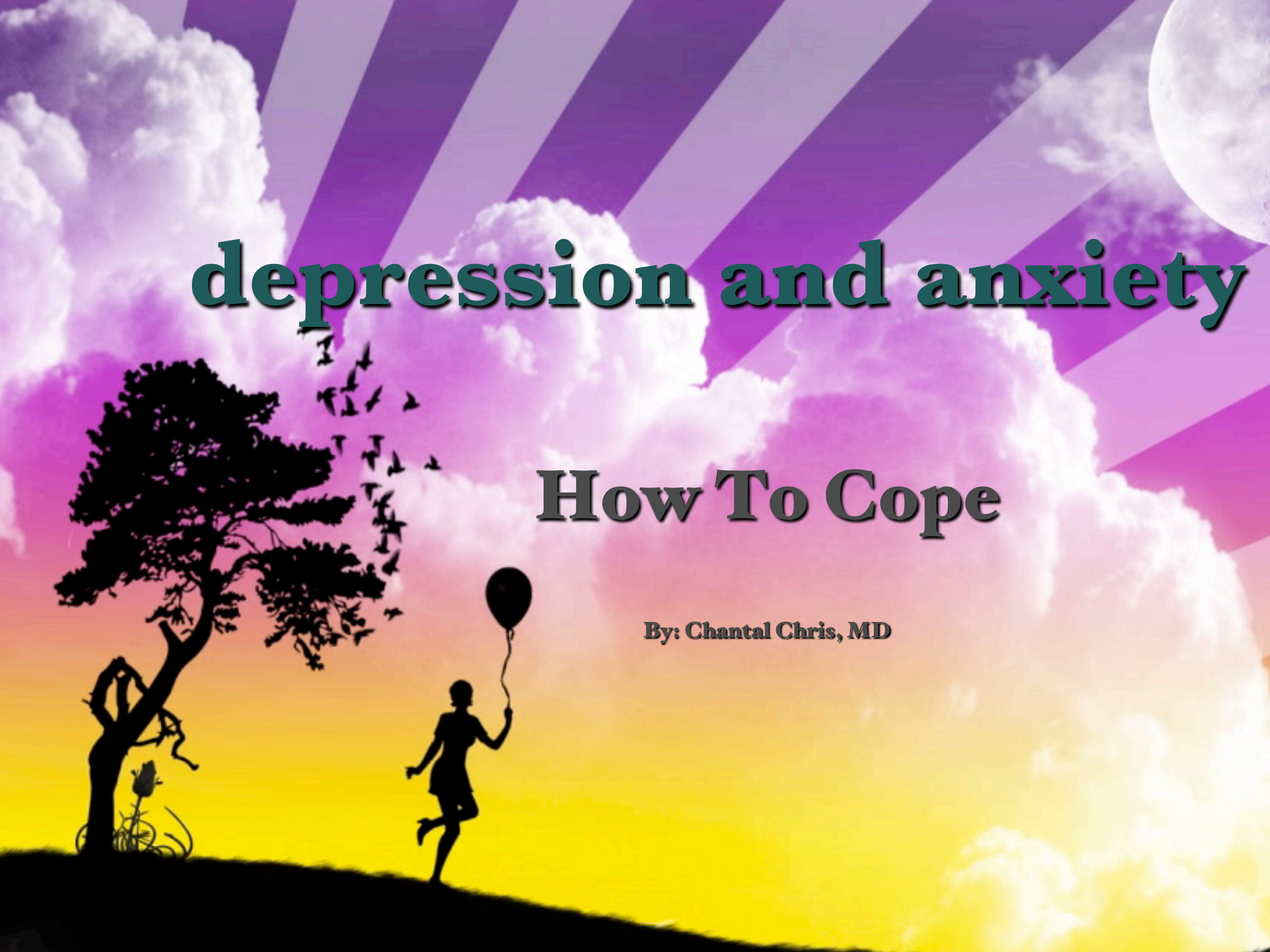


depression and anxiety

How To Cope

By: Chantal Chris, MD



Outline

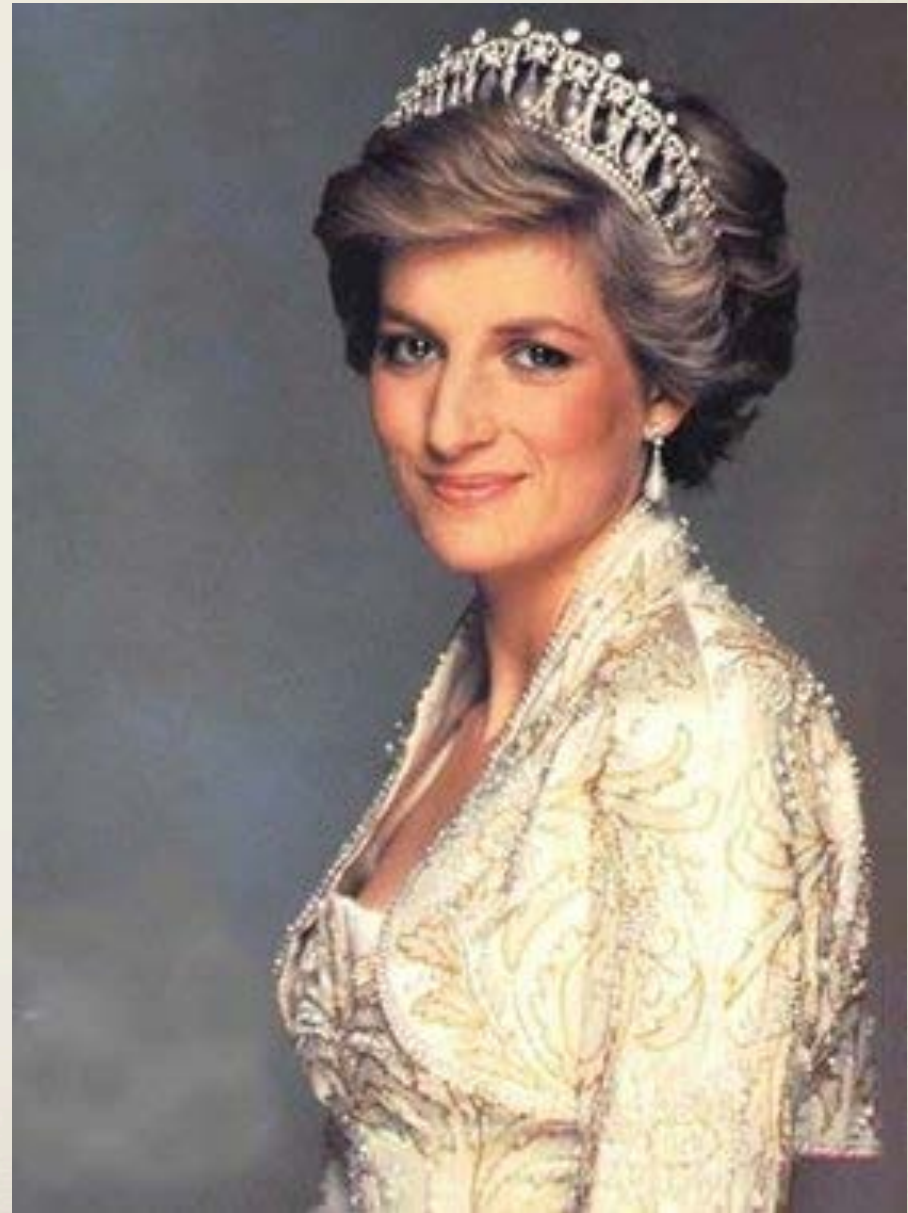
- * How Common are Depression and Anxiety
- * What are Depression and Anxiety
- * Effects on the Body
- * How to Deal



How Common is Depression?

- * **8%** of adults will experience major depression at some time in their lives.

Famous People with Depression



Famous People with Depression

"I can't switch off"

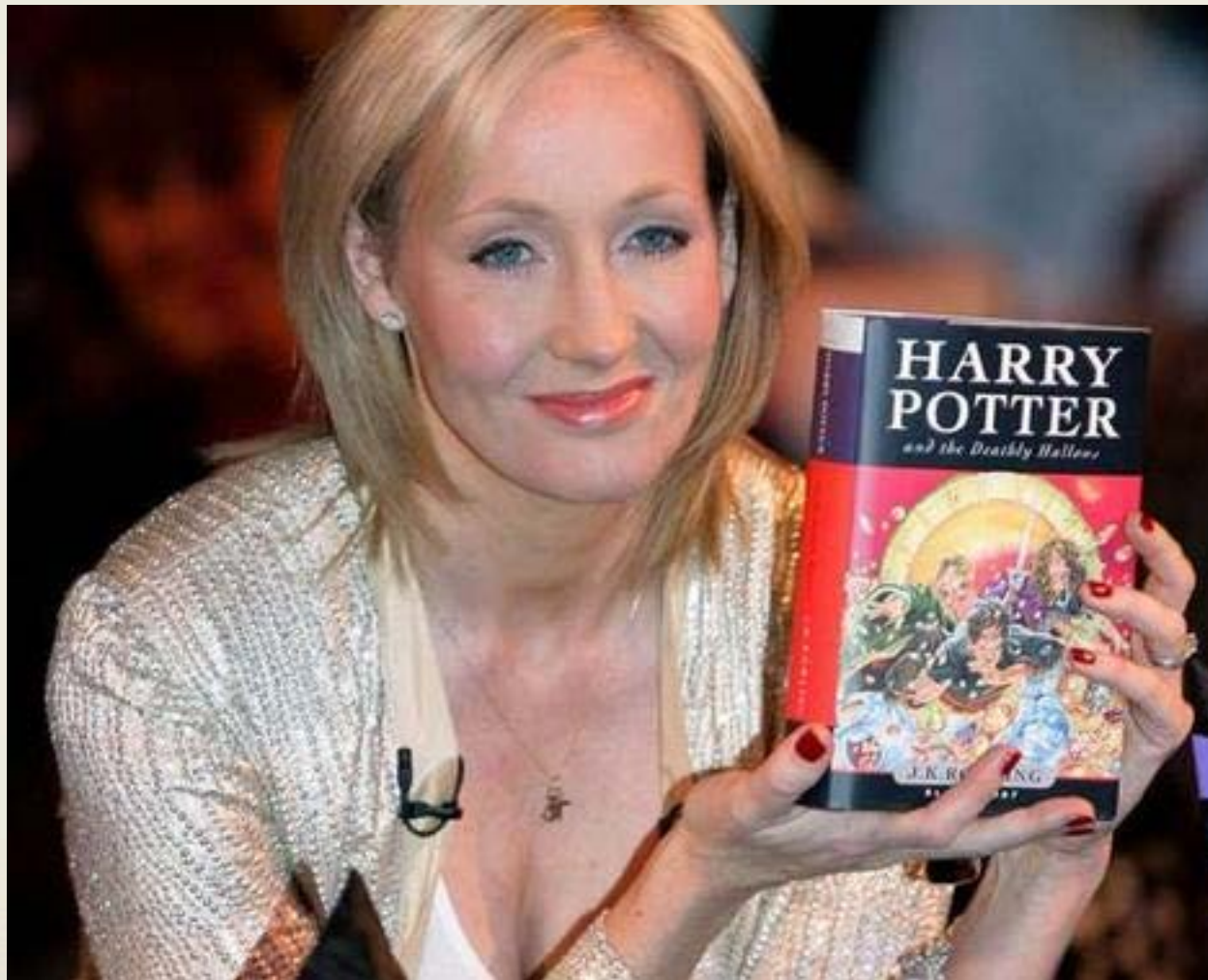
"I go home and my head is full of all the mistakes I've made."



"often left him feeling 'drained' "

Famous People with Depression

“I went through a really tough time and I am quite proud that I got out of that.”



“suicidally depressed.”

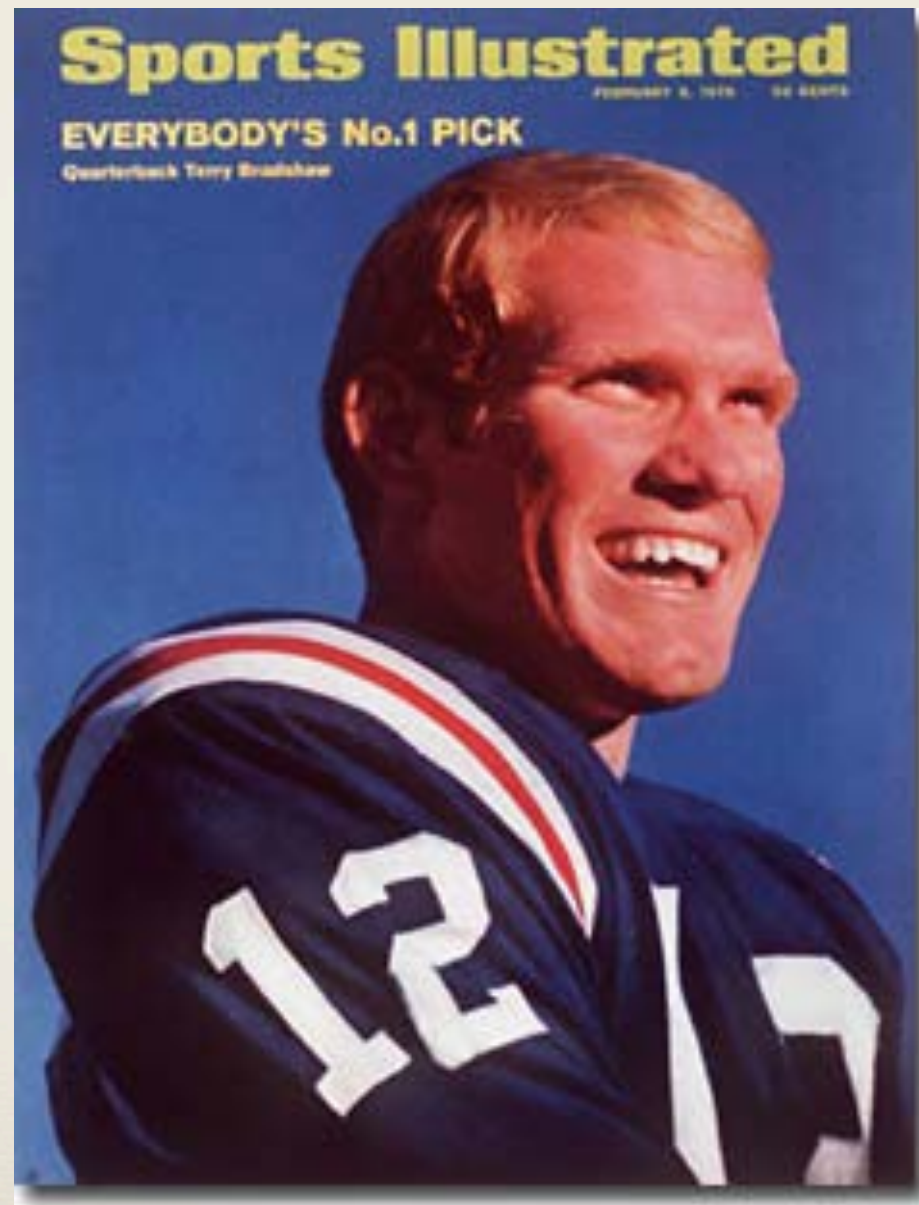
“she cannot grow up with me in this state.”

“went through a low period in her mid-20's”

Famous People with Depression

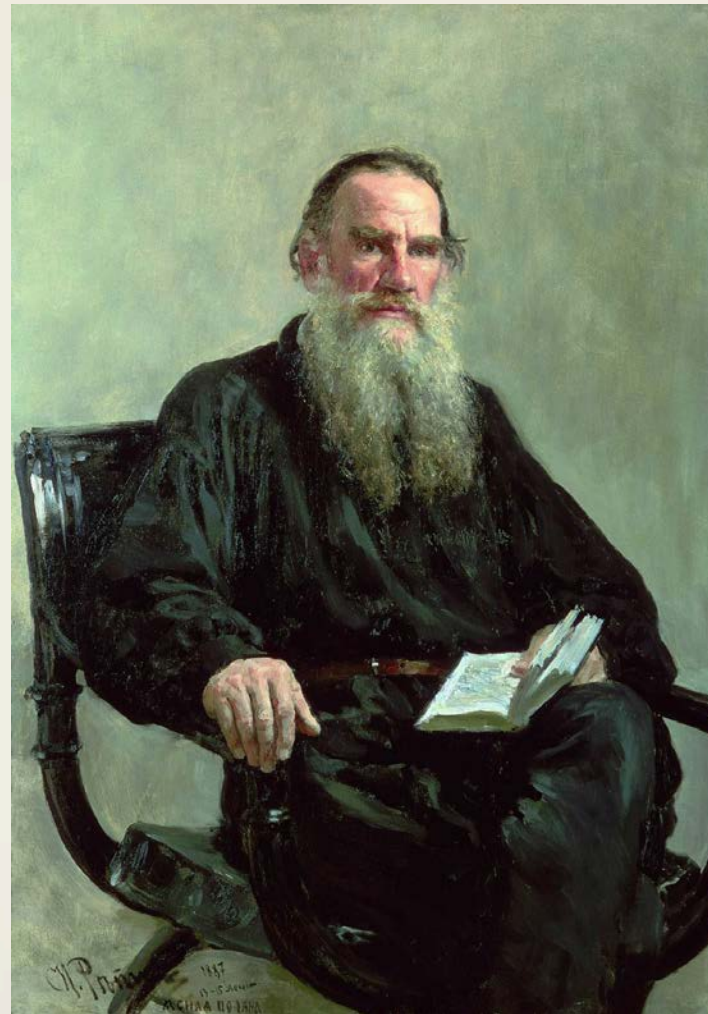
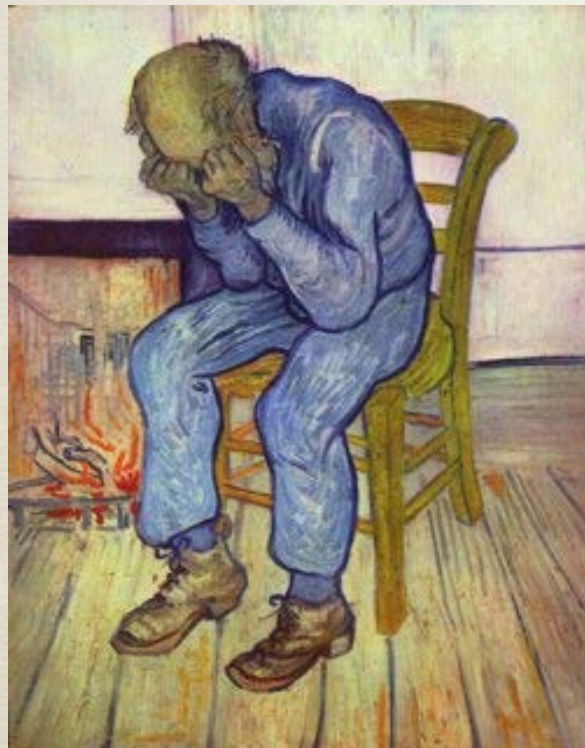
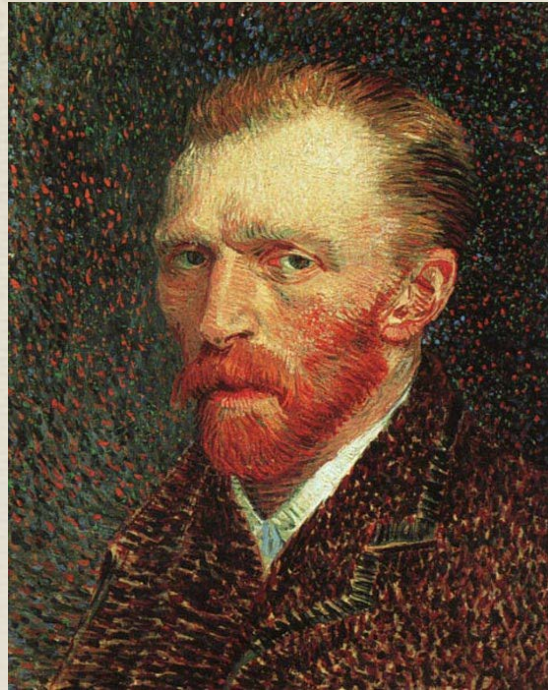
"could not bounce back"

"weight loss, crying
and insomnia"



"he has become a
champion for removing the
stigma of depression"

Famous People with Depression

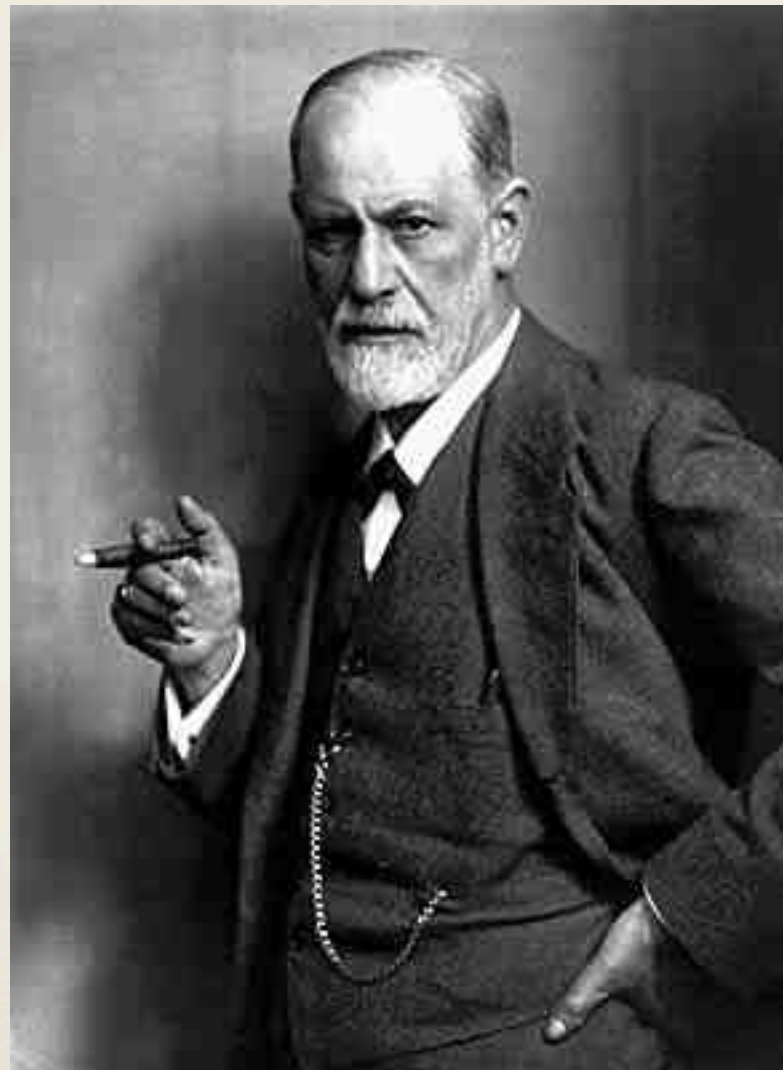


How Common is Anxiety?

- * Anxiety disorders affect **12%** of the population

Famous People with Anxiety

“worried a great deal about his ‘spells’.



“Nothing of a serious medical nature could be found wrong with him.”

Famous People with Anxiety



“I panic in front of all the cameras. My hands start shaking and I have trouble breathing.”



“Her first episode actually scared her into being homebound for several months.”

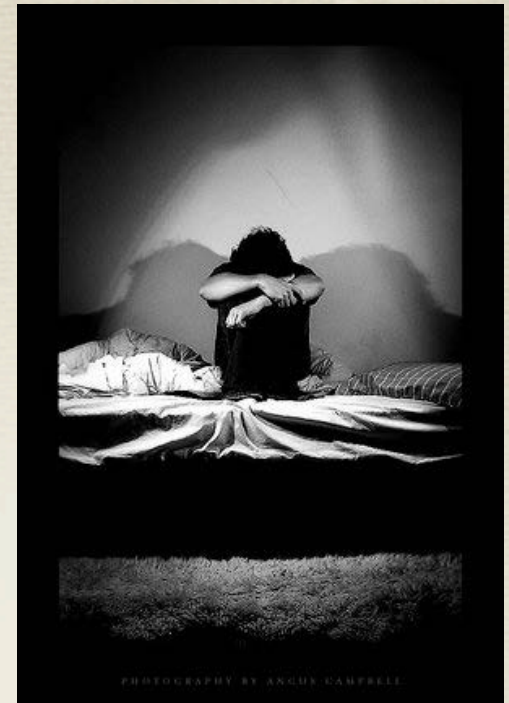
Famous People with Anxiety



Anxiety and fear of
forgetting her lines again
kept her from performing
for 27 years!



Depression



- * Depression and anxiety disorders are not the same, although at first glance they seem very similar.
- * Depression generates emotions such as:
 - * hopelessness, despair and anger.
 - * Energy levels are usually very low
 - * depressed people often feel overwhelmed by the day-to-day tasks and personal relationships so essential to life.



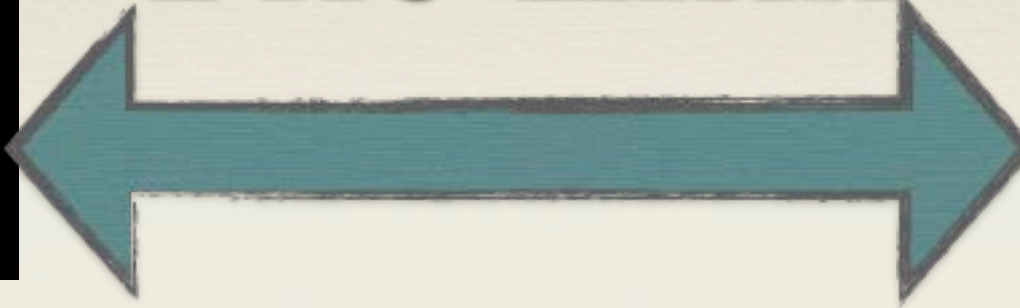
Anxiety



- * A person with anxiety disorder experiences:
 - * Fear, panic or anxiety in daily situations
 - * The brain's **fight-or-flight mechanism** becomes activated, even when no real threat exists.
 - * It's like being stalked by an imaginary tiger.
 - * They may experience:
 - * sudden panic or anxiety attacks without any recognized trigger
 - * constant nagging worry or anxiousness.
- * Without treatment a person's ability to work, maintain relationships, or even leave the house become severely restricted.



The Link



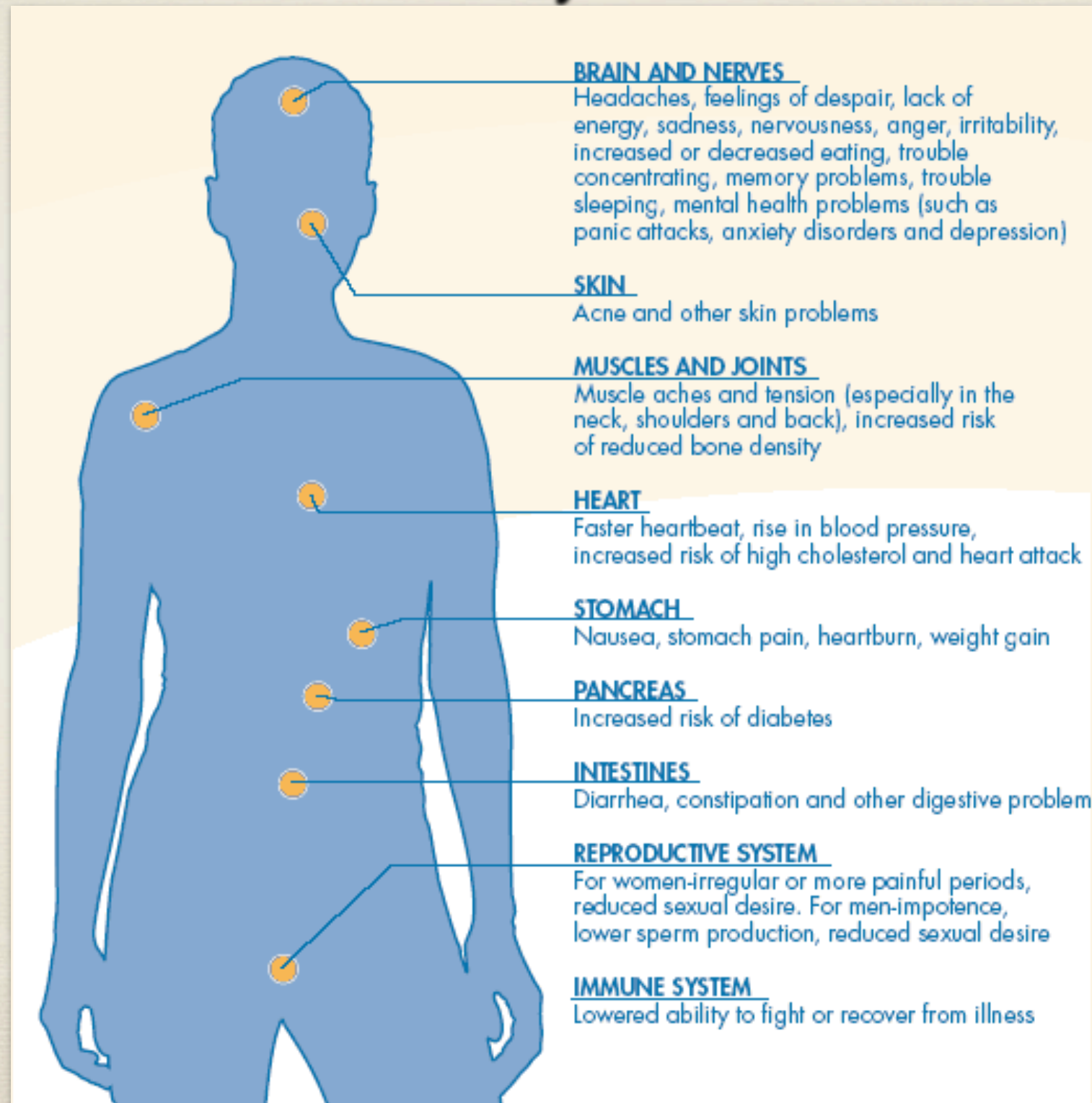
- * In one study: **85%** of those with major depression were also diagnosed with generalized anxiety disorder
- * They are both caused, in part, by an **imbalance of brain chemistry**.
- * Any **lack of control** within our lives can contribute to depression.
- * when anxiety happens at the same time as depression, the symptoms of both are **worse!**

Depression and Pain

- * Pain is depressing, and 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.
- * With the imbalance of brain chemicals, pain is increased along with sadness, hopelessness, and anxiety.
- * And chronic pain, can imbalance the brain chemicals more..... A horrible cycle!
- * Treatment:
 - * Physical therapy & Psychotherapy



Anxiety and.....

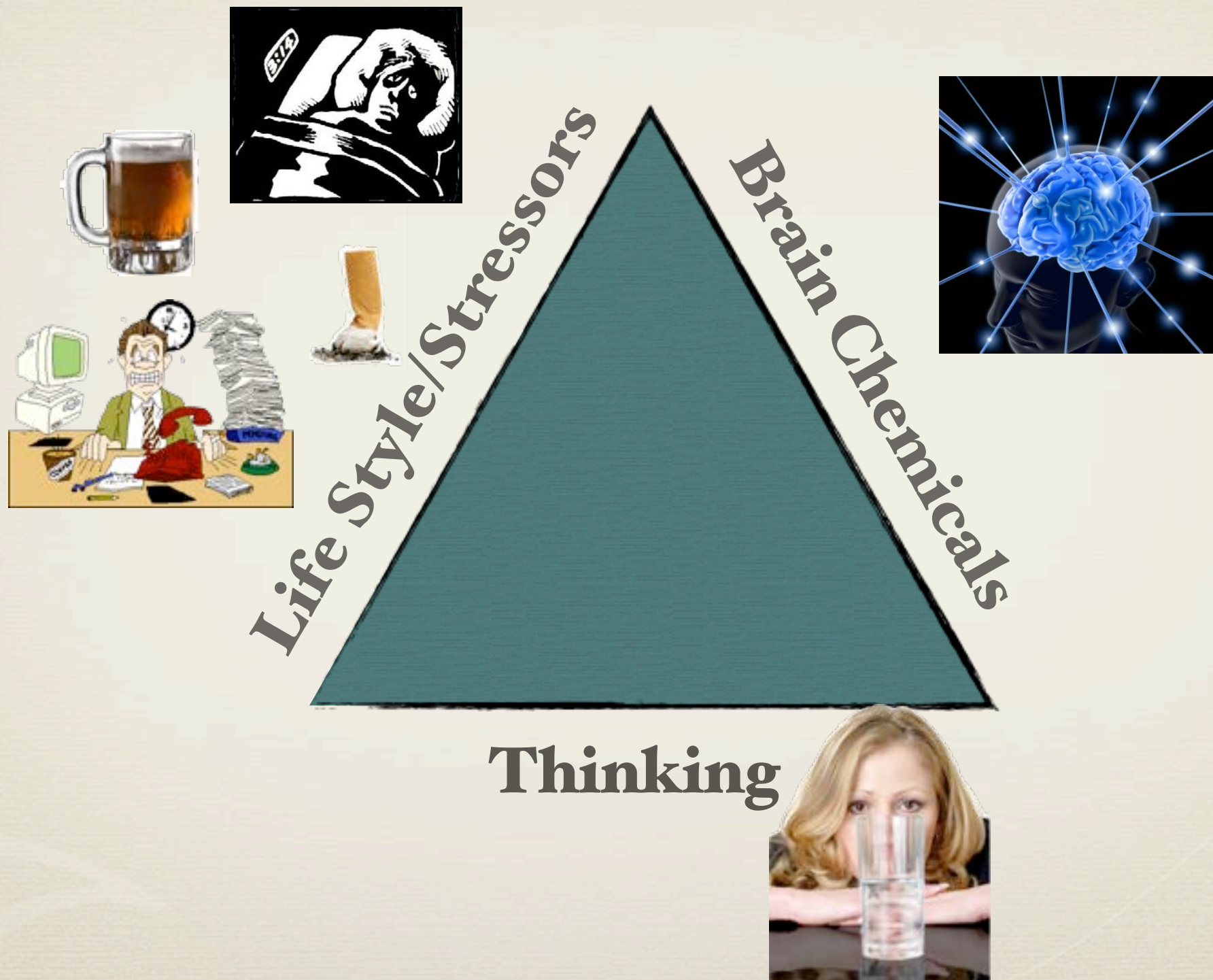


Important Point:

* Common Myth:

- * Depression and anxiety is a **failure** by you
- * OR depression and anxiety are all in your head.
- * Not True!

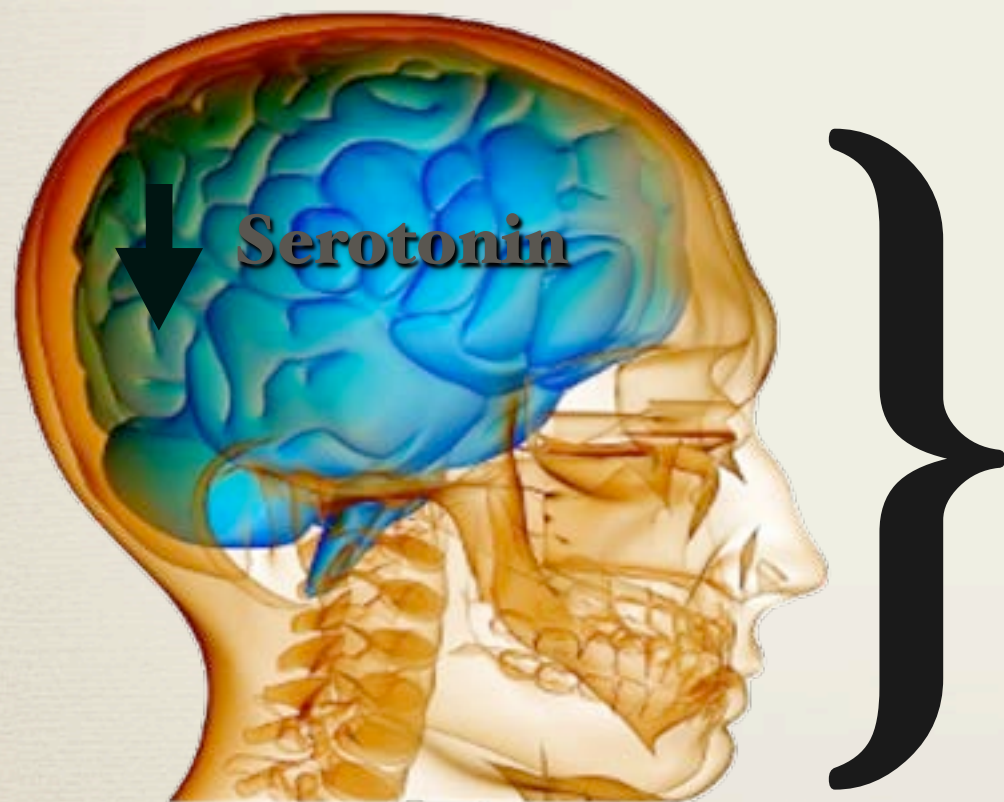
Depression/Anxiety Triad



Objectives:

- * **Brain Chemicals**
 - * Antidepressants
- * **Lifestyle/Stressors**
 - * Sleep
 - * Diet
 - * Relaxation exercises
- * **Thinking**
 - * Structured Problem Solving
 - * Positive thinking
 - * Cognitive Behavioral Therapy

What causes Depression and Anxiety



- * Depression
- * Problems with anger control
- * Suicide.
- * Increased appetite for sugar
- * Trouble sleeping,
- * (Migraines, Irritable bowel syndrome, and Fibromyalgia.)

Antidepressants

- **SSRIs**
- Celexa (citalopram)
- Lexapro (escitalopram oxalate)
- Luvox (fluvoxamine)
- Paxil (paroxetine)
- Prozac (fluoxetine)
- Zoloft (sertraline)
- **SNRIs**
- Cymbalta (duloxetine)
- Effexor (venlafaxine)
- Pristiq (desvenlafaxine)
- **MAOIs**
- Nardil (phenelzine)
- Parnate (tranylcypromine)

Tricyclics

- Adapin (doxepin)
- Anafranil (clomipramine)
- Elavil (amitriptyline)**
- Endep (amitriptyline)
- Ludiomil (maprotiline)
- Norpramin (desipramine)
- Pamelor (nortriptyline)
- Pertofrane (desipramine)
- Sinequan (doxepin)
- Surmontil (trimipramine)
- Tofranil (imipramine)
- Vivactil (protriptyline)

Others

- Buspar (buspirone)
- Desyrel (trazodone)
- Edronax, Vestra (reboxetine)
- Remeron (mirtazapine)**
- Serzone (nefazodone)
- Wellbutrin (bupropion)**





Sleep



- * 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

- **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

- **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

Tips for Getting Better Sleep

- **Before going to bed**

- * Avoid going to bed too early. Go to bed at around 10pm to 10:30pm.
- * Avoid using alcohol to help you sleep.
- * Don't smoke within an hour or two of going to bed.
- * Don't go to bed hungry or with a full bladder.
- * Avoid vigorous exercise late in the evening.
- * Allow yourself time to wind down before going to bed.
- * Use your bed only for sleep and sex
- * Avoid taking sleeping pills.

Overcoming Sleeping 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, get out of bed again. Repeat this process until you fall asleep shortly after returning to bed.

Diet

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
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

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving? Look at the examples below.



Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

- ▶ **Eat at least one dark green and one orange vegetable each day.**
 - Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- ▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**
 - Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- ▶ **Have vegetables and fruit more often than juice.**

- ▶ **Make at least half of your grain products whole grain each day.**
 - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
 - Enjoy whole grain breads, oatmeal or whole wheat pasta.
- ▶ **Choose grain products that are lower in fat, sugar or salt.**
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

- ▶ **Drink skim, 1%, or 2% milk each day.**
 - Have 500 mL (2 cups) of milk every day for adequate vitamin D.
 - Drink fortified soy beverages if you do not drink milk.
- ▶ **Select lower fat milk alternatives.**
 - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

- ▶ **Have meat alternatives such as beans, lentils and tofu often.**
- ▶ **Eat at least two Food Guide Servings of fish each week.***
 - Choose fish such as char, herring, mackerel, salmon, sardines and trout.
- ▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**
 - Trim the visible fat from meats. Remove the skin on poultry.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

Enjoy a variety of foods from the four food groups.



Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Diet

- * **Fill your plate with essential antioxidants**

- * **Sources of beta-carotene:** apricots, broccoli, cantaloupe, carrots, collards, peaches, pumpkin, spinach, sweet potato.

- * **Sources of vitamin C:** blueberries, broccoli, grapefruit, kiwi, oranges, peppers, potatoes, strawberries, tomato.

- * **Sources of vitamin E:** margarine, nuts and seeds, vegetable oils, wheat germ.

- * **Eat “smart” carbs for a calming effect**

- * whole grains, fruits, vegetables, and legumes

- * **Eat protein-rich foods to boost alertness**

- * Turkey, tuna, chicken, beans, peas, lean beef, low-fat cheese, fish, milk, poultry, soy products, yogurt.



Diet

- * **Eat a Mediterranean-type diet**
- * A balanced, healthy eating pattern that includes plenty of fruits, nuts, vegetables, cereals, legumes, low-fat dairy and fish.



Diet

- * **Select selenium-rich foods**

- * Beans and legumes
- * Lean meat (lean pork and beef, skinless chicken and turkey)
- * Low-fat dairy products
- * Nuts and seeds (particularly brazil nuts)
- * Seafood (oysters, clams, sardines, crab, saltwater fish, and freshwater fish)
- * Whole grains (whole-grain pasta, brown rice, oatmeal, etc.)

Diet



* **Include omega-3 fatty acids in your diet**

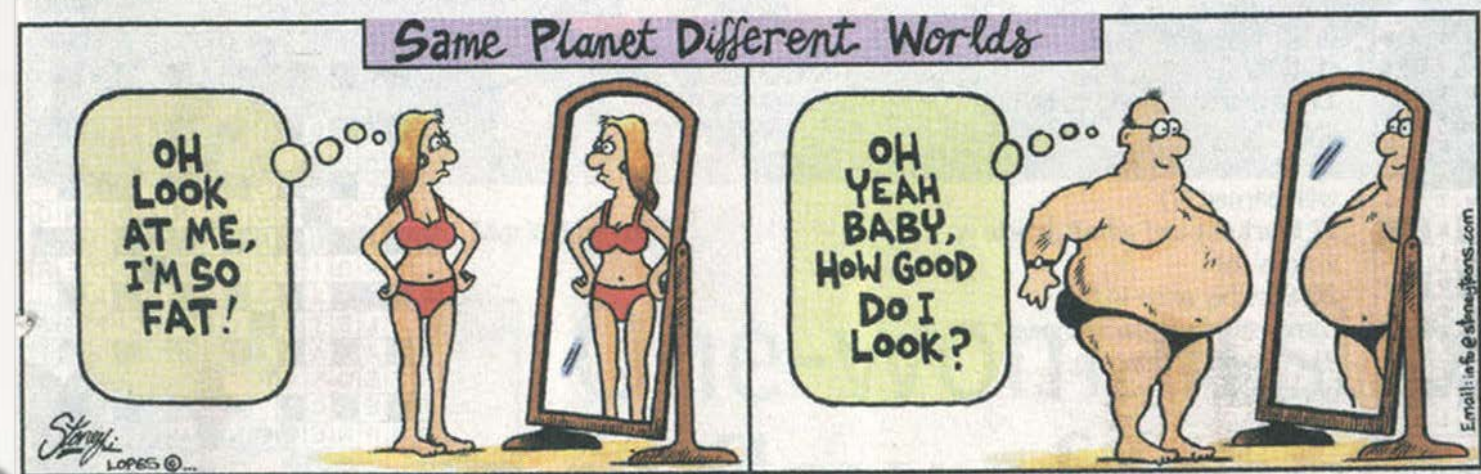
* fatty fish (anchovy, mackerel, salmon, sardines, shad, and tuna), flaxseed, and nuts.

* flaxseed, canola oil, soybean oil, walnuts, and dark green leafy vegetables.



Diet

INSANITY STREAK By Tony Lopes



- * **Stay at a healthy weight**

- * People who are obese may be more likely to become depressed and people who are depressed are more likely to become obese.
- * If you have a weight problem, talk with your doctor about healthy ways to manage it with diet and exercise.

Quick Relaxation Techniques

* Soak in the warmth



* Visualization



* Muscle Memory



* Focus



Slow Breathing Exercise

- * **Practice this exercise 3-4x/day when you're feeling stressed or anxious so that you can use this as a short-term coping strategy.**
- 1. Time the number of breaths you take in one minute. Breathing in, then out is counted as one breath.
- 2. Breathe in, hold your breath and count to five. Then breathe out and say the word 'relax' to yourself in a calm, soothing manner.
- 3. Start breathing in through your nose and out slowly through your mouth, in a six-second cycle. **Breathe in for three seconds and out for three seconds.** This will produce a breathing rate of 10 breaths per minute. In the beginning, it can be helpful to time your breathing using the second hand of a watch or clock.
- 4. Count to yourself.
- 5. Continue breathing in a six-second cycle for at least **five minutes** or until the symptoms of over breathing have settled.

Muscle Relaxation Exercise

- * Sit in a comfortable chair in a quiet place
- * Put your feet flat on the floor and rest your hands in your lap
- * Close your eyes
- * Do the slow breathing exercise for three minutes.
- * Tense each of your muscle groups for 10 seconds, then relax for 10 seconds, in the following order:
 - * Hands
 - * Lower arms
 - * Upper arms
 - * Shoulders
 - * Neck
 - * Forehead and scalp
 - * Eyes
 - * Jaw
 - * Chest
 - * Stomach
 - * Upper back
 - * Lower back
 - * Buttocks
 - * Thighs
 - * Calves
 - * Feet



Thinking

- **Structured Problem Solving (SPS)**
- SPS may help with problems such as:
 - * Relationship problems with your spouse or partner
 - * Family troubles
 - * Problems with children
 - * Unemployment, problems and/or stress at work
 - * Financial problems
 - * Housing problems
 - * Medical issues
 - * Issues with sex or sexuality
 - * Feeling isolated from friends
 - * Drug and alcohol problems
 - * Problems studying.

Thinking

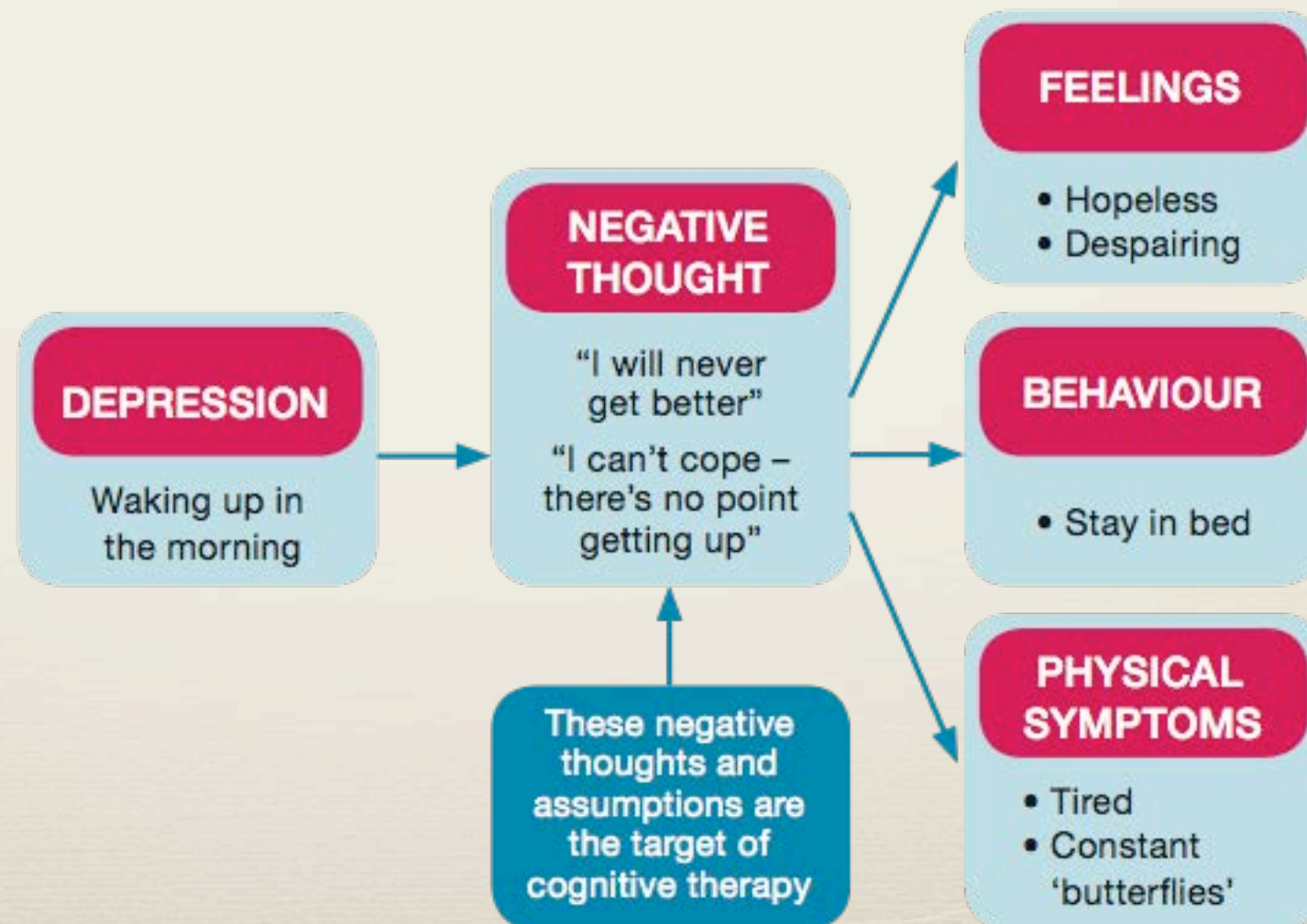
STRUCTURED PROBLEM SOLVING TABLE

Problem	Options	Advantages	Disadvantages
1	1		
	2		
	3		
2	1		
	2		
	3		

Thinking

- **Cognitive Behavioural Thinking**

- Thoughts such as *'I'm a failure'*, *'Nobody loves me'*, *'There is nothing good out there'*, *'Things will never improve'* are unhelpful ways of thinking.
- Cognitive Behavioural Therapy works by monitoring your thoughts about yourself. CBT is often used in association with medication or following the treatment of the acute episode of depression.



Positive Thinking Activities

* Watch a good **funny movie**.

* Do some **exercise**

* If you enjoy **cooking**, choose a new dish to make

* **Go for a walk**

* Create a **personal board** for the things that you want to achieve.

* Plan a **picnic** in the park.



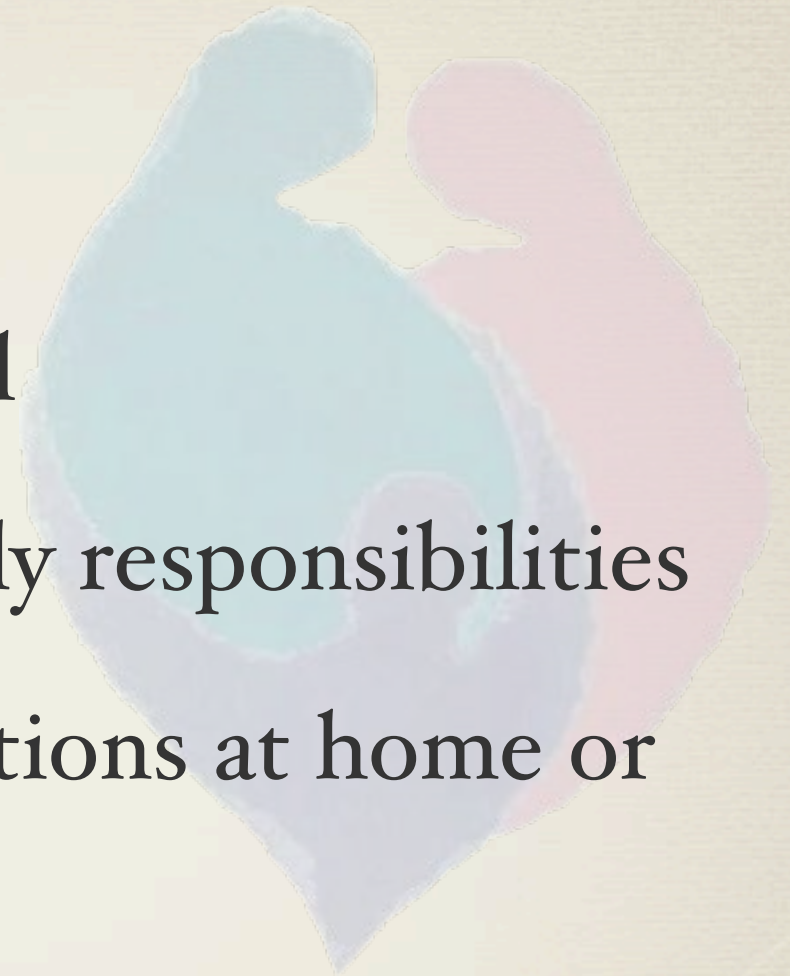
Positive Thinking Activities

- * Spend some time **helping someone else** to do something.
- * **Be creative**
- * If you have a **dog**, go for a walk or spend time playing with them.
- * If you keep **plants**, do some gardening and find peace in grooming your plants.
- * If you have **kids**, take time to play with them.



What Can Your Family Do?

- * Your family can help by:
 - * Being more caring and less critical
 - * Relieving you of some of your daily responsibilities
 - * Helping to identify stressful situations at home or work
 - * Assisting you to find new ways of solving practical and emotional problems
 - * Being aware of changes in your symptoms.



Resources

- * **Your Family Doctor**

- * **Chilliwack Mental Health: 604-702-4860**

- * **www.beyondblue.org.au**

- * **MoodGYM**

- * **moodgym.anu.edu.au**

- * MoodGYM is an interactive web-based program designed to prevent depression and anxiety in young people. You can read about Cognitive Behaviour Therapy (CBT) on their website.

- * MoodGYM was developed by The Centre for Mental Health Research at The Australian National University.

References

- * http://www.health.harvard.edu/newsweek/Depression_and_pain.htm
- * <http://www.webmd.com/depression/guide/diet-recovery?page=3>
- * www.beyondblue.org.au
- * moodgym.anu.edu.au