



Managing Depression and Anxiety

Hope, Recovery, Wellness



Objectives of this presentation

- Define Depression and Anxiety
- Identify Signs and Symptoms
- Learn about Treatments
- Learn self-help strategies to help manage symptoms



What is Depression?

Depression is a constant feeling of sadness and loss of interest, which stops you doing your normal activities. Different types of **depression** exist, with symptoms ranging from relatively minor to severe. Generally, depression does not result from a single event, but from a mix of events and factors.

Prevalence:

An estimated 17.3 million adults in the **United States** had at least one major **depressive** episode. This number represented 7.1% of all **U.S.** adults. The **prevalence** of major **depressive** episode was higher among adult females (8.7%) compared to males (5.3%).



Types of Depression

- Major Depression
- Persistent Depressive Disorder
- Bipolar Disorder
- Seasonal Affective Disorder (SAD)
- Psychotic Depression
- Peripartum (Postpartum) Depression
- Premenstrual Dysphoric Disorder (PMDD)
- 'Situational' Depression.



Signs and Symptoms of Depression

Depressed mood: Most of the day, nearly every day; may be subjective (e.g. feels sad, empty, hopeless) or observed by others (e.g. appears tearful); in children and adolescents, can be irritable mood

Loss of interest/pleasure: Markedly diminished interest/pleasure in all (or almost all) activities most of the day, nearly every day; may be subjective or observed by others

Weight loss or gain: Significant weight loss (without dieting) or gain (change of >5% body weight in a month), or decrease or increase in appetite nearly every day; in children, may be failure to gain weight as expected

Insomnia or hypersomnia: Nearly every day

Psychomotor agitation or retardation: Nearly every day and observable by others (not merely subjectively restless or slow)

Fatigue: Or loss of energy, nearly every day

Feeling worthless or excessive/inappropriate guilt: Nearly every day; guilt may be delusional; not merely self reproach or guilt about being sick

Decreased concentration: Nearly every day; may be indecisiveness; may be subjective or observed by others

Thoughts of death/suicide: Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without specific plan, or suicide attempt, or a specific plan for suicide



Treatment of Depression

Therapy

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (**Mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation**)

Medication Management

Psychotropic medications are prescribed by physicians. Psychiatrists are physicians who specialize in these medications.



Self-Help Strategies to Manage Symptoms

- Try these when you are feeling symptoms of depression:
- Exercise
- Journaling
- Peer Support
- Engagement in enjoyable activity
- Spirituality/Meditation
- Volunteerism/community service
- Finding Humor



What is Anxiety?

Anxiety is a mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities.

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.

Prevalence:

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year. Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.



Types of Anxiety Disorders

- **Generalized Anxiety Disorder (GAD)**
- **Panic Disorder**
- **Social Anxiety Disorder**
- **Post-Traumatic Stress Disorder (PTSD)**
- **Obsessive-Compulsive Disorder (OCD)**
- **Separation Anxiety Disorder**
- **Phobias**



Signs and Symptoms of Anxiety

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom, may be out of proportion to the impact of the event
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety



Treatment of Anxiety

Therapy

Cognitive Behavioral Therapy (CBT): Considered the most effective form of therapy to treat anxiety disorders

Medication Management

Psychotropic medications are prescribed by physicians. Psychiatrists specialize in the management of these medications.



Self-Help Strategies to Manage Symptoms

Try these when you are feeling anxious or stressed:

- ✓ Take a time out
- ✓ Eat well balanced meals
- ✓ Get enough sleep
- ✓ Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks
- ✓ Exercise
- ✓ Journal
- ✓ Peer support
- ✓ Deep breathing and progressive relaxation
- ✓ Enjoy a bath or shower

Resources



- San Benito County Behavioral Health Department
1131 San Felipe Road
Hollister, CA 95023
(831) 636-4020
Cosb.us/departments/behavioral-health
- 24/7 Crisis Phone Line
(888) 636-4020
- Pandemic Related stress/anxiety warmline
(833) 317-HOPE
- National Suicide Hotline
(800) 273-8255

