

A glowing lightbulb with a mechanical base is plugged into a wall outlet. The lightbulb is illuminated, casting a warm glow. The mechanical base is made of brass and has a white label that reads "Max Input: 230V". The lightbulb is plugged into a white wall outlet. The background is a dark, textured wall. An orange horizontal bar is located in the top left corner.

Shining a Light on Depression and Anxiety:

Understanding, Coping, and
Healing

Objectives

- Understand the meaning of: Anxiety, depression, and despair
- Connecting the effects of mental health on the physical body
- Importance of healthy gut-brain interaction
- Why the heart-brain connection matters
- Verbalize motivation and means to change
- Understand our role in quality of life for others and self

If you could change just one thing in your life to be more at peace, what would it be?



How are these symptoms affecting our society today?

Anxiety:

\$42 billion/yr.

Our college students

Employees in many industries

Depression

75% low/middle income do not get help

Lack of trained professionals

Social stigma

Despair

Shared exposure compounds risk

Anxiety

is the body's
response to worry
and fear

Adults



Children



Anxiety symptoms

- Worry
- Restlessness
- Fatigue
- Panic
- Difficulty concentrating
- Difficulty sleeping
- Gastrointestinal problems
- **Might even feel like a heart attack!**



Anxiety in America

General Anxiety Disorder (GAD) most common mental illness

**43.2%
(we are doing better here!)**

**3-5 X's
Doctor visits**

Stimulated by genetics, brain chemistry, personality, life events

**6.8 million
(3.1%)**

**More women
than men**

**6 X's more likely
hospitalized for
psychiatric disorder**

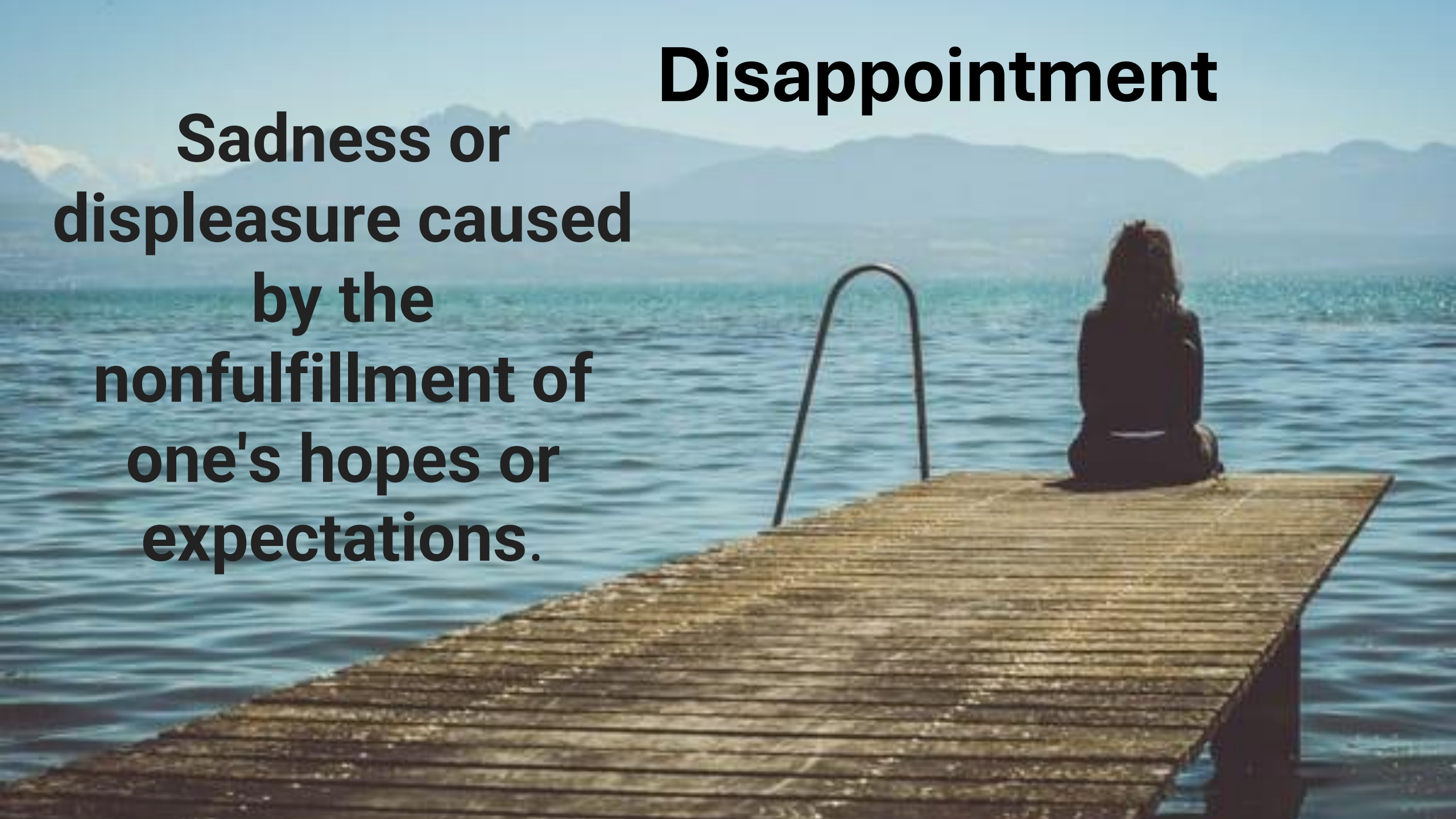


“Anxiety tends to predispose people to depression”

Jean M. Twenge, PhD, of
Case Western Reserve
University

Disappointment

Sadness or displeasure caused by the nonfulfillment of one's hopes or expectations.





Disappointment
may lead to:
DEPRESSION



UNDERSTANDING Depression

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health is an integral part of this definition.”

World Health Organization



Depression

- Poor concentration
- Excessive guilt or low self-worth
- Disrupted sleep
- Changes in appetite and weight
- Hopelessness
- Thoughts about dying or suicide

Depression is... being surrounded ... but feeling alone

- A persistent feeling of sadness or loss of interest
- A persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.



The next step
in the
downward
trend:
Despair



DEPRESSION

When not even internet wierdo's can cheer you up

Despair: cognitive, emotional, biological and behavioral domains

- **Cognitive:** hopeless, guilt, learned helplessness, pessimism
- **Emotional:**
 - Reckless, risky, and unhealthy acts Excessive sadness; loneliness
 - Irritability; hostility Anhedonia; apathy
- **Biological:**
- Body is unable to remain in homeostasis
- **Behavioral:** Stress related issues result is physiologic downstream changes:
 - Sleep Appetite Attention Hypertension and....
 - Somatic symptoms of pain



SUICIDE



Suicide is not an inevitable outcome, but we can do a better job of looking out for each other.

Call:

• **988**

• **Lifeline (1-800-273-8255)**

or

• **Crisis Text Line (741741)**
for advice.



How can we help
ourselves and
others?



Medications that are good for Depression

- Mood Stabilizers – works slowly 2-4 weeks – used to treat persons with severe depression that do not have bipolar disorder
- Antidepressants – several classes of drug - boosts serotonin, norepinephrine and dopamine (these are the “happy” neurotransmitters)
- Antipsychotics – off label use – takes several weeks to see change – keep a daily mood, symptom, sleep, and medication log



Future
Forward



Sometimes,
it's on us!
Where is
your vision?

- **Decide you want a change – To stop breathing “sour air”**
- **Hold on to memories anxiety and depression try to steal away**
- **FOCUS**

Three Minds

How each mind works



Head

You know

Logic, reason, answers, knowledge

Useful when you need to know the correct answer



Heart

You feel

Feeling, love, native self

Useful when you want to express yourself or pursue the unknown



Gut

You intuit

Instinct, past experience, nervous response

Useful when you need to make a decision or solve a problem without complete information

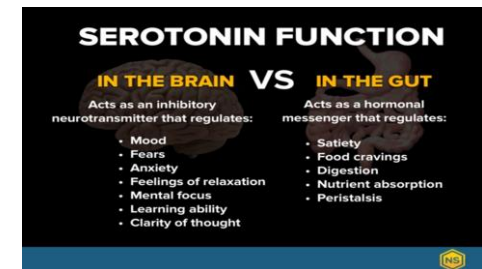
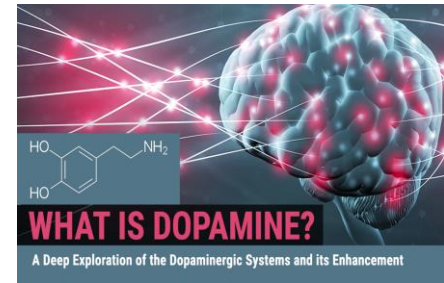
Heart - brain - gut connection

- The brain and heart engage in a profound, intricate dialogue, influencing our overall well-being
- Takotsubo cardiomyopathy (shape change)
- Importance of mindfulness/meditation

EAT RIGHT!

Feed your brain with foods that increase:

- Dopamine
- Oxytocin
- Serotonin



Food and Mood / **SLEEP!**

- Fluctuations in blood sugar levels are associated with changes in mood and energy and are most definitely affected by what we eat.
- Brain chemicals (neurotransmitters, such as serotonin, dopamine) influence the way we think, feel and behave. They can be affected by what we've eaten.
- There can be abnormal reactions to artificial chemicals in foods, such as artificial colorings and flavorings.
- Lack of water can impact the brain and how you feel



How does sleep impact our mental well-being?

- Short term cognitive impacts
- Poor attention span
- Neurons become overworked and less capable of cog tasks
- Chronic insomnia may increase the risk of developing a mood disorder, such as anxiety or depression.
- Lack can cause irritability and stress
- Long-term sleep deprivation may play a role in the development of health problems.



H Heart Disease

C Cancer

C Chronic Lung Disease

S Stroke

A Alzheimer's Disease

D Diabetes

C Chronic Kidney Disease

The slow and deadly Seven and...

Worst enemy or best friend?



"Get me everything on why
I'm not to blame..."

A different life
requires different
responses.

- Via (Dark Secrets)

Experts say you can relieve
stress by petting a cat.
Course, it doesn't work
if the cat's the
one makin' you
nuts in the
first place.



Stay Connected to Joy

- You control the environment...DON'T let it control you!
- Laughter is crucial to positivity
- Be “appropriately silly” sometimes
- Create a joy routine

This little guy Quokka's me up!





Things change....be patient Be grateful!

- **Even Bad Times End**
- **Laugh for health**
- **You've overcome challenges before**
- **“Stuff” happens to everyone**
- **You have strengths – exercise them**
- **Everything we encounter is a learning experience to help us grow**
- **There's no shame in asking for help**
- **There is ALWAYS something to be grateful for!**

It isn't what has happened to us....

86,400

“IF”

It's what
we
decided
to do
with it!

Remember Who You

ARE

Capable of change

Worth air!

Able to inspire others

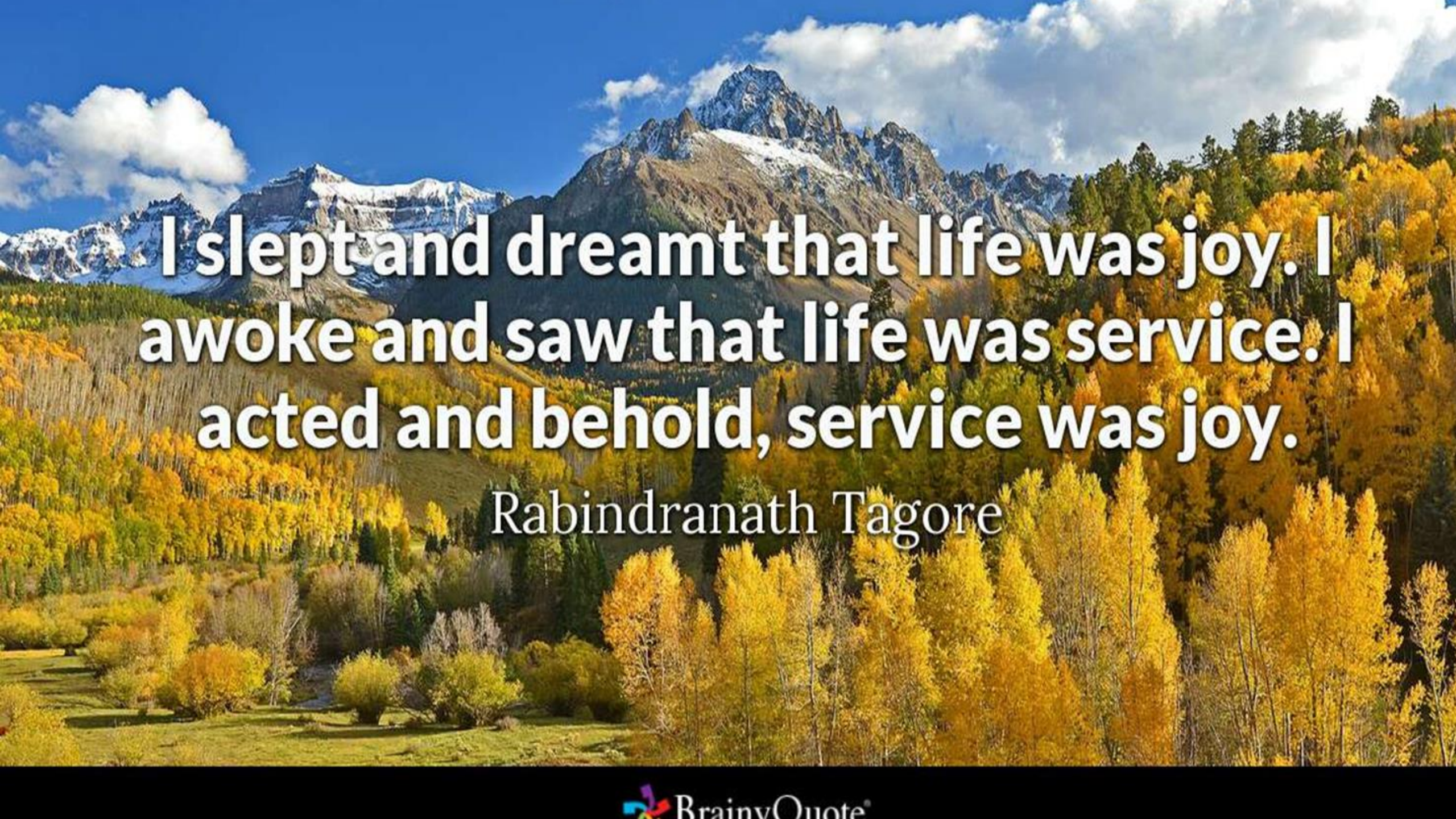
Able to choose to see the good

A safe harbor for someone

LOVED!

ARE NOT!

- Your childhood trauma
- Your poor choices
- Who you slept with
- The lies you've told
- The times you failed
- One who cannot change



**I slept and dreamt that life was joy. I
awoke and saw that life was service. I
acted and behold, service was joy.**

Rabindranath Tagore

Hang on to hope!

Thank you!

“Andi” Chapman RN, CDP, CADDCT,
EPECT

Selectmed Seminars and Consulting
810-498-5756



National Suicide Prevention Lifeline

988



1-800-273-8255

You may also get help by
Texting

838255