



STRESS MANAGEMENT & EMOTIONAL WELLBEING

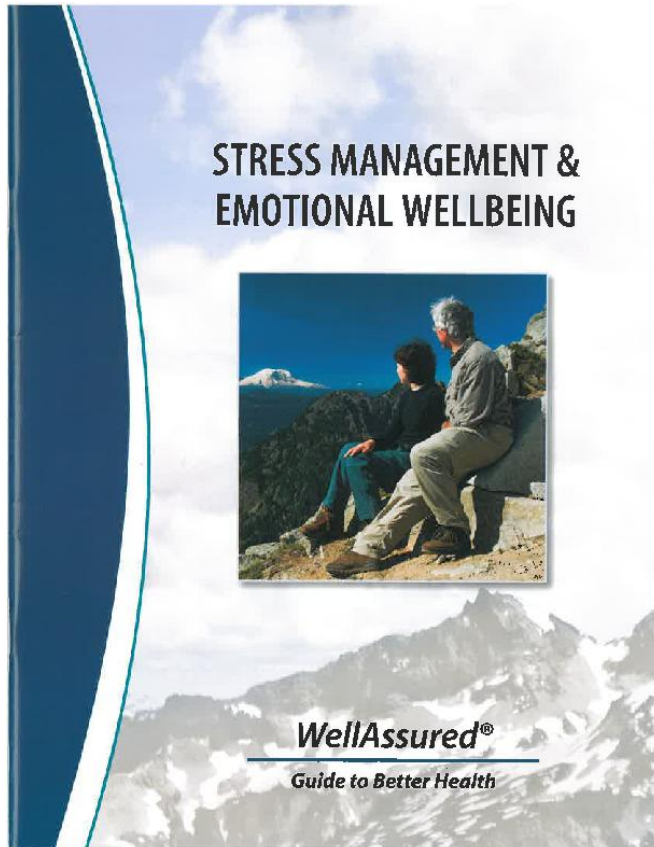
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Course Instructor



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Health Coach

Participant Resource



- Please use this participant guide throughout the duration of this course.
- Please see the instructor or your HR representative if you do not have a copy.

History of Depression

- Melancholia
- Blues
- Sadness
- Doldrums
- Mood Swings

Melencolia by Albrecht Dürer



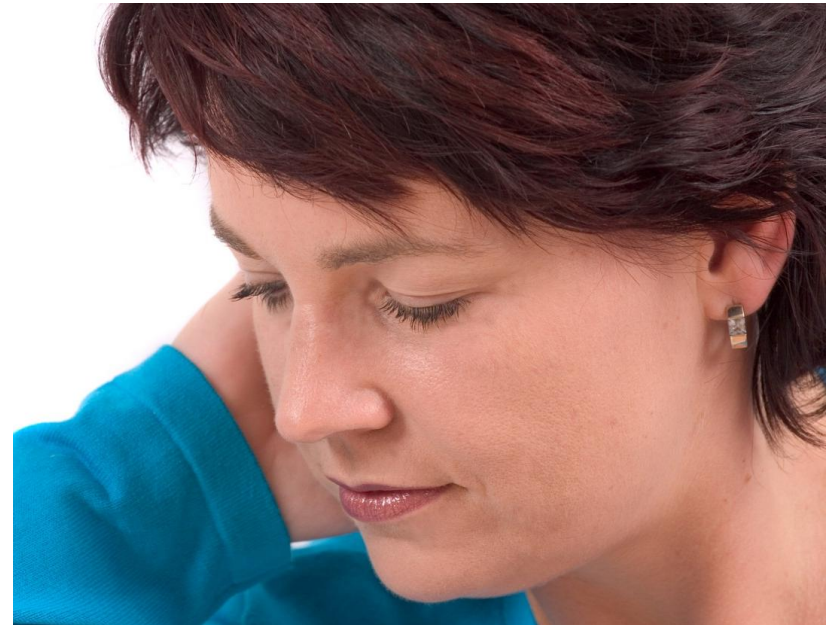
How Common is Depression?

19 million Americans

20 percent of adults

One in four women

Factor in 70 percent of suicides



Mind-Body

 Depression
affects the mind

 Depression
affects the body



Causes of Depression

 Biochemistry

 Genetic

 Personality

 Environmental



Myths of Depression

- ❌ Depression is a sign of personal weakness
- ❌ Depression is not a real medical disease
- ❌ You can “snap” out of depression
- ❌ Antidepressant medication is a lifelong treatment
- ❌ Antidepressant medication alone is the only treatment needed to manage depression
- ❌ Family genetics determine who suffers depression

Major Depression

- Sadness, grief or crying
- Loss of interest in activities
- Insomnia or oversleeping
- Fatigue or low energy
- Change in appetite or weight
- Difficulty concentrating
- Restlessness
- Feeling of guilt or low self-worth
- Thoughts of death or suicide

Types of Depression

 **Dysthymia**

 **Bipolar**

 **Seasonal Affective Disorder (SAD)**



Who Gets Depressed?

Women

- Treated twice as often as men
- Hormonal and reproductive life are often a factor
- Single mothers may live in poverty

Men

- At least 4 million American men are clinically depressed
- Less likely to seek treatment
- Increased risk of heart disease with depression

Who Gets Depressed?

The Young

- More children and adolescents are being diagnosed
- Suicide is on the rise
- Treatments and medication for adults may not help young people

The Old

- Elderly are more likely to be depressed than any group
- Life changes increase depression
 - Death of spouse
 - Illness/disability
- Drug interactions can be dangerous

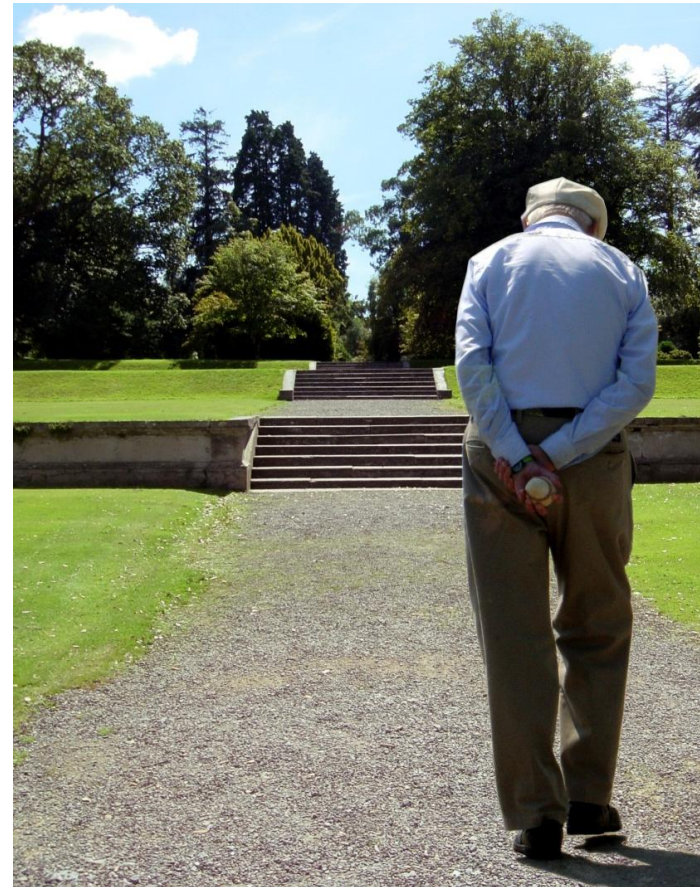
Depression and...

Suicide

-  More likely in older people

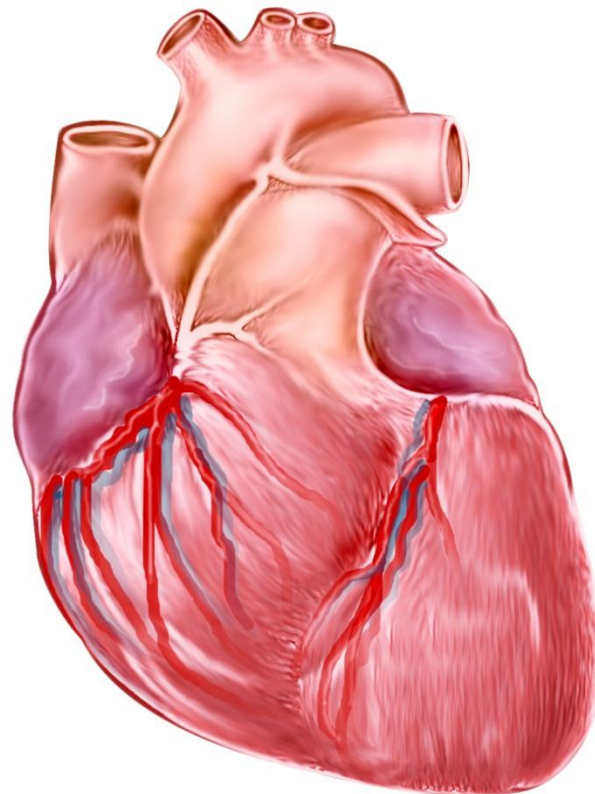
Anxiety

-  Often coexists with depression




Depression and Heart Disease

- Depression can help bring on a heart attack and it can reduce a person's likelihood of survival after a heart attack.



Depression Assessment

 **Could you be depressed?**

 **Answer these question**

Depression Symptom Checklist

Self Scoring Assessment

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	A Not at all	B Several days	C More than half the days	D Nearly every day
1. Little interest or pleasure in doing things.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
2. Feeling down, depressed, or hopeless.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
3. Trouble falling or staying asleep, or sleeping too much.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
4. Feeling tired or having little energy.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
5. Poor appetite or overeating.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
6. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
7. Trouble concentrating on things, such as reading the newspaper or watching television.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³
9. Thoughts that you would be better off dead or of hurting yourself in some way.	<input type="checkbox"/> ⁰	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with people?

Not difficult at all Somewhat difficult Very difficult Extremely difficult

Scoring. Add the small number on the right side of each answer you marked. The total number is your Depression Severity Score. Mark your score with an 'X' on the scale below.

Depression Symptom Severity Scale



Major depression may be indicated if:

1. Question 1 or 2 is marked in **column C or D** and a total of any 5 questions are marked in **column C or D**.
2. Or, if question number 9 is marked in **column B, C, or D**.

You should see a health professional for further evaluation if:

1. Your total score is 10 or higher and your problems are interfering with your work.
2. You marked a box on question 9 in **column B, C, or D**.
3. Or, if you have further concerns or questions about mental health issues that are bothering you.

Note: If you are in an emotional crisis or grieving over a loss, your total score would naturally be higher than normal. This test is not a diagnosis but only a screening indicator to encourage you to seek help if needed.

Adapted from the Patient Health Questionnaire. © 1999 Pfizer, Inc. Used by permission.

Depression-Treatments

M Depression is common, serious, treatable, and too often undiagnosed.





Depression-Treatments

Psychotherapy



Depression-Treatments

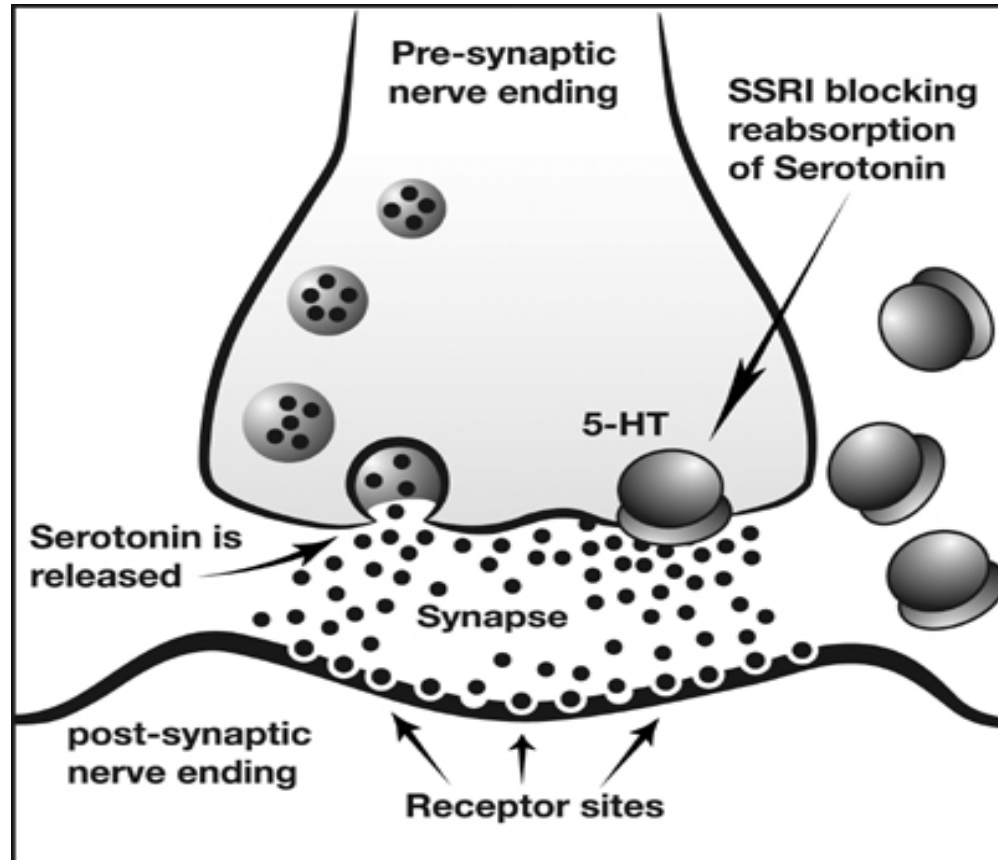
Medication

-  **SSRIs** (Prozac, Paxil, Zoloft, Celexa)
-  **Tricyclics** (Trofranil, Elavil, Anafranil)
-  **MAO Inhibitors** (Nardil, Parnate)

Combination

-  **Psychotherapy combined with medication is a commonly used and effective method**

How SSRIs Work



Self-Medication

 Tobacco

 Alcohol

 Drugs



Depression and Exercise

- Exercise releases endorphins which help elevate mood
- Distraction
- Positive coping skill
- Builds confidence



Exercise and Depression

- Getting started
 - Identify what you enjoy doing
 - Set reasonable goals
 - Do not think of exercise as a chore
 - Address your barriers
 - Prepare for setback and obstacles



Questions, Comments



Thank You

If you have any questions or comments following this presentation, please contact

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