

Depression & Anxiety

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2019 U.S. Statistics*

Depression

17.3M Adults with at least one major depressive episode

11M Adults had severe impairment with episode (63.8% of above total)

8.7% Higher in females compared to males (5.3%)

*these stats are estimates

Anxiety

19.1% Of adults diagnosed with any anxiety disorder

31.1% Adults experience any anxiety disorder at some point in their life

43.5% Have mild impairment, 33.7% have moderate impairment and 22.8% have severe impairment

23.4% Higher in females compared to males (14.3%)

What are the Types of Depression and Anxiety?

Depression

Major Depressive Disorder

Persistent Depressive Disorder
(Dysthymia)

Postpartum Depression

Seasonal Affective Disorder

Anxiety

Generalized Anxiety Disorder

Separation Anxiety Disorder

Specific Phobia

Social Anxiety Disorder

Panic Disorder

Agoraphobia

What is Major Depressive Disorder?

It is classified by the DSM-5 as having:

5	Five or more symptoms of depression
2	Symptoms occur during the same two-week period
1	At least one of the symptoms must be either depressed mood or loss of interest/pleasure

To receive a diagnosis of depression, the symptoms must:

- ▶ cause clinically significant distress or impairment in social, occupational, or other important areas of functioning
- ▶ not be a result of substance abuse or another medical condition

Major Depressive Disorder Symptoms

Five or more of the following symptoms must be present in the same 2-week period and at least one of the symptoms must be either depressed mood or lost of interest or pleasure:

- ▶ Depressed mood
- ▶ Loss of interest or pleasure
- ▶ Significant weight loss/gain when not dieting or decrease/increase in appetite
- ▶ Insomnia or hypersomnia
- ▶ Psychomotor agitation or reduced physical movement
- ▶ Fatigue or loss of energy
- ▶ Feelings of worthlessness or excessive/inappropriate guilt
- ▶ Diminished ability to think or concentrate, or indecisiveness
- ▶ Suicidal thoughts, plan or attempt

***Must be experienced nearly every day for most of the day for diagnosis**



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The Cycle of Depression

Triggers

- Losing someone/something
- Being rejected or made fun of
- Being disliked
- Having a chronic illness
- Going through divorce
- Family problems

Thoughts

- Things will never get better
- I'm a failure
- Nobody likes me
- My life is doomed
- I'm worthless

Feelings

- Hopelessness
- Despair
- Gloom
- Sadness
- Loneliness
- Rejection
- Worthlessness
- Upset
- Discouragement
- Somberness
- Disheartenment

Physical Responses

- Low energy
- Crying
- Poor appetite
- Insomnia
- Poor memory
- Trouble concentrating
- Weight loss/gain

Behaviors

- Being inactive
- Skipping school
- Not talking
- Self-harming
- Withdrawing
- Using/abusing substance(s)

What Is Generalized Anxiety Disorder?

It is classified by the DSM-5 as having excessive anxiety and worry, occurring more days than not over a 6 month period, with difficulty controlling the worry.

The anxiety and worry are associated with:

∞	an infinite number of events or activities during...
6	a six-month period , and having...
3	three or more anxiety-related symptoms , present more days than not for half a year.

Generalized Anxiety Disorder Symptoms

The anxiety symptoms include:

- ▶ Restlessness, feeling keyed up or on edge
 - ▶ Fatiguing easily
 - ▶ Difficulty concentrating or mind going blank
 - ▶ Irritability
 - ▶ Muscle tension
 - ▶ Sleep disturbance
- Symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning
 - Disturbance is not due to the effects of drug abuse/medication
 - Disturbance is not better explained by another psychiatric and/or medical disorder

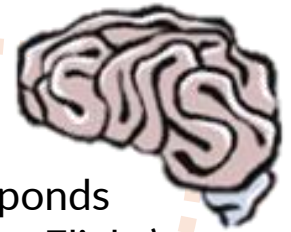


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You **START** relaxed & calm until something activates your anxiety.
NORMAL REACTION



Sensory organs perceive a potential danger



Brain responds with 'Fight or Flight' response

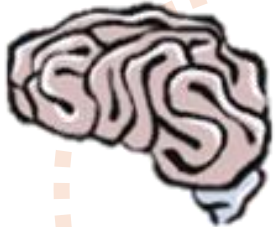
Brain sends signals to body to prepare for danger



The body produces anxious thoughts & physical symptoms

Once you perceive your symptoms as 'threatening,' your mind then reacts with the anxiety response which creates **MORE** symptoms and the cycle continues

Your brain registers the perceived danger from your symptoms



Your senses perceive the symptoms as 'dangerous'



What is Psychotherapy?

Psychotherapy is talk therapy that treats mental and emotional issues through the means of behavioral intervention. It may be provided by:

- ▶ **Psychiatrists** (doctors who prescribe medication and offer psychotherapy)
- ▶ **Psychologists, licensed social workers and counselors** (offer psychotherapy but can't prescribe medication)

Psychotherapy Process		
What It Does		How It Helps
Identifies negative behaviors/beliefs	1	Replaces these with positive ones
Explores experiences/relationships	2	Helps create positive social/personal interactions
Finds more effective ways to solve problems	3	Helps deal with current issues
Identifies problems	4	Changes behaviors that make condition worse
Teaches how to develop goals for life	5	Offers way to obtain a happy, fulfilling life
Develops ability to accept/tolerate distressing situations	6	Helps practice healthier behaviors
Helps adjust to a difficult current crisis	7	Draws on healthy skills and behaviors

Types of Psychotherapy

Cognitive Behavioral

- ▶ Short-term, goal-oriented therapy
- ▶ Links your thoughts (cognition) and your actions (behavior)

Gestalt

- ▶ Helps center on current feelings through guided re-enactments and role-playing
- ▶ Goal to become aware of feelings as they happen

Psychodynamic

- ▶ Long-term therapy
- ▶ Emphasizes how certain life events, both past and present, affect your current feelings, relationships and choices

Person-Centered

- ▶ Works on the idea that you can decide for yourself what and how to explore your own concerns
- ▶ Therapist creates a supportive environment for you to investigate your identity, feelings, experiences or emotions while listening as you reach self-realization

Depression & Anxiety Medications

The following are often prescribed to alleviate depression and anxiety. Everyone reacts differently to medication; there is no one-size-fits-all approach. Medication works best when combined with talk therapy.

Medication type	What they do	Common names
SSRIs (Selective serotonin reuptake inhibitors)	<ul style="list-style-type: none">initially chosen as they have the least amount of side effects than other medications	<ul style="list-style-type: none">Fluoxetine (Prozac)Sertraline (Zoloft)Citalopram (Celexa)Escitalopram (Lexapro)Paroxetine (Paxil, Pexeva)
SNRIs (Serotonin-norepinephrine reuptake inhibitors)	<ul style="list-style-type: none">help ease symptoms of depression that include sadness and irritability	<ul style="list-style-type: none">Duloxetine (Cymbalta)Venlafaxine (Effexor XR)
Tricyclic antidepressants	<ul style="list-style-type: none">very effective in treating depression but has more severe side effectsnot normally prescribed unless an SSRI has first been tried	<ul style="list-style-type: none">Imipramine (Tofranil)Protriptyline (Vivactil)Amitriptyline (Elavil)

Depression & Anxiety Medications, cont.

Medication type	What they do	Common names
NDRI s (Norepinephrine-dopamine reuptake inhibitors)	<ul style="list-style-type: none">• treat chronic pain and smoking cessation as well	<ul style="list-style-type: none">• Bupropion (Wellbutrin)
MAOI s (Monoamine oxidase inhibitors)	<ul style="list-style-type: none">• have more serious side effects• prescribed only if other depressants don't work	<ul style="list-style-type: none">• Tranylcypromine (Parnate)• Isocarboxazid (Marplan)• Phenelzine (Nardil)• Selegiline (Emsam)
Benzodiazepines	<ul style="list-style-type: none">• reduces physical symptoms of anxiety (tense muscles) and spurs relaxation• Rx effective within minutes• effective for short-term issues• rarely prescribed due to addictive risk	<ul style="list-style-type: none">• Alprazolam (Xanax)• Diazepam (Valium)• Lorazepam (Ativan)

6 Tips for Emotional & Mental Well-Being

1 Treat yourself with respect	2 Have confidence things can improve	3 Don't let negative thoughts sabotage you
<p>Most times, if you are in mental distress (stress, depression, etc.) you are also dealing with difficult situations in life</p> <p>This can change the way you think of yourself</p>	<p>Anxiety, stress, worry and decreased mood are normal human emotions</p> <p>However, if they happen too often, are severe or start to impact your life, then it is important to seek help</p>	<p>Thoughts like “I can’t do this” and “I am not good enough” stop you from taking actions to help</p> <p>Anxiety and depression trigger destructive thoughts that are often unrealistic, biased and don’t reflect past or future achievements</p>
<p>Tip: Treat yourself like you would treat others—with respect, tolerance and kindness</p> <p>Be gentle and patient with your own efforts, encourage yourself and learn to be your own supporter too</p>	<p>Tip: You can get better with treatment, even if you’ve had symptoms for a long time</p>	<p>Tip: Remember, your own thoughts can get the way, so challenge the negative thoughts by asking yourself what you would say to a friend in the same situation</p>

6 Tips for Emotional & Mental Well-Being, cont.

4 Do things you enjoy and are good for you

When things are tough, you may stop doing things you enjoy

This leads to getting less pleasure out of life and making you feel worse

Tip: Get back in the habit of having things to look forward to each day

Do something each day that you like doing and that will bring you pleasure (a song, a walk, etc.)

5 Talk to at least one person a day

Sometimes you find that you're isolated and lonely

It can become harder to talk to people the less you do it

Tip: Make it a point each day to greet a neighbor, call a friend or ask someone about their day

Talking to others is a great way to feel connected and involved which creates a sense of belonging

6 Tackle one thing at a time

You may feel overwhelmed by all the things you have to do and not know where to start

When possible, ask for help from a friend or family member

Tip: Write all the things that need to be done, then pick one easy thing to start with so you can tick items off the list

Success helps to build confidence and momentum to tackle the bigger things on the list

National Resources

National Alliance on Mentally Illness (NAMI)

National and local resources, <https://www.nami.org/Home>

National Suicide Prevention Lifeline

1-800-273-8255, <https://suicidepreventionlifeline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/find-help/national-helpline>

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/health/find-help/index.shtml>

Mental Health America (MHA)

<https://www.mhanational.org/>

United Way

Community Resources

Lewisville ISD Resources



Help, when you need it most

With your Employee Assistance Program and Work/Life Balance services, confidential assistance is as close as your phone or computer.



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- Family and parenting problems
- And more



WORK/LIFE BALANCE

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Elder care
- Financial services, debt management, credit report issues
- Identity theft
- Legal questions
- Even reducing your medical/dental bills!
- And more

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*The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority. Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details. Insurance products are underwritten by the subsidiaries of Unum Group. © 2020 Unum Group. All rights reserved. Unum is a registered trademark and marketing brand of Unum Group and its insuring subsidiaries. EN 2058-1 FOR EMPLOYEES (10/20)

Who is covered?

Unum's EAP services are available to all eligible partners and employees, their spouses or domestic partners, dependent children, parents and parents-in-law.

Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver™ — helps you save on medical bills

Help is easy to access:

Phone support: 1-800-854-1446

Online support: unum.com/lifebalance

In-person: You can get up to three visits, available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.

Please access the URL below to receive trade credit for participating in this evening's session.

<https://forms.gle/oPmXbec2CVC3yFW16>



References

National Institute of Mental Health

<https://www.nimh.nih.gov/>

SAMSA: Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

American Psychiatric Association

Diagnostic and statistical manual of mental disorders (2013) (5th ed.)

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<https://www.apa.org/>

Youtube.com