

Depression & Anxiety

Andrea Miller, LMSW

Mental Health & Wellness Consultant

Higginbotham, Wellness & Health Risk Management



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**



Play Video

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

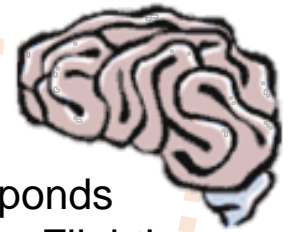


[Play Video](#)

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



Sensory organs perceive a potential danger



Brain responds with 'Fight or Flight' response

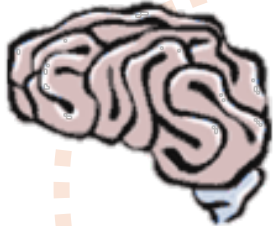
Brain sends signals to body to prepare for danger



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
NDRIs (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)
MAOIs (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

Most times, if you are in mental distress (stress, depression, etc.) you are also dealing with difficult situations in life

This can change the way you think of yourself

Tip: Treat yourself like you would treat others—with respect, tolerance and kindness

Be gentle and patient with your own efforts, encourage yourself and learn to be your own supporter too

2 Have confidence things can improve

Anxiety, stress, worry and decreased mood are normal human emotions

However, if they happen too often, are severe or start to impact your life, then it is important to seek help

Tip: You can get better with treatment, even if you've had symptoms for a long time

3 Don't let negative thoughts sabotage you

Thoughts like “I can't do this” and “I am not good enough” stop you from taking actions to help

Anxiety and depression trigger destructive thoughts that are often unrealistic, biased and don't reflect past or future achievements

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

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

4 Do things you enjoy and are good for you	5 Talk to at least one person a day	6 Tackle one thing at a time
<p>When things are tough, you may stop doing things you enjoy</p> <p>This leads to getting less pleasure out of life and making you feel worse</p> <p>Tip: Get back in the habit of having things to look forward to each day</p> <p>Do something each day that you like doing and that will bring you pleasure (a song, a walk, etc.)</p>	<p>Sometimes you find that you're isolated and lonely</p> <p>It can become harder to talk to people the less you do it</p> <p>Tip: Make it a point each day to greet a neighbor, call a friend or ask someone about their day</p> <p>Talking to others is a great way to feel connected and involved which creates a sense of belonging</p>	<p>You may feel overwhelmed by all the things you have to do and not know where to start</p> <p>When possible, ask for help from a friend or family member</p> <p>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</p> <p>Success helps to build confidence and momentum to tackle the bigger things on the list</p>

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

Rimkus Resources

Feel supported, connected
and rewarded.



EAP Resource

LifeWorks is an exciting and innovative well-being solution that:



Well-being newsfeed

• Supports you with a confidential **Employee Assistance Program (EAP)** and well-being resource, available 24/7 by phone, online, and by mobile app.



Perks & Savings

• Connects you to information, tips, and updates to support your well-being and success at work.



Peer-to-peer recognition

• Rewards you with a range of special offers and **Perks**, helping you save money on daily essentials and luxury brands.

Dealing with a personal or work issue?

The EAP can provide support, referrals, and resources related to many issues, including the following:

- Adoption issues
- Alcohol and drug abuse
- Anxiety
- Budgeting, financial worries, and reducing debt
- Child care and parenting issues
- Concern about another person's alcohol or drug abuse
- Conflict of work
- Crisis and trauma
- Depression
- Domestic abuse
- Education issues
- Elder care/caregiving issues
- Gambling and other addictions
- Grief and loss
- Job burnout
- Legal matters
- Relationship issues
- Separation and divorce
- Stress
- Workplace change
- Work-related problems and job stress

The EAP encourages employees and those close to them to seek help early, before a minor problem becomes more serious. The EAP is designed to address short-term issues and to identify resources and referrals for emergency and long-term issues. When in doubt, contact the EAP for help or support.

Call your EAP toll-free, any time, 24/7, 365 days a year

login.lifeworks.com

Download the app now, just
search for "LifeWorks".



Copyright © 2019 Morneau Shepell Ltd

Apple and the Apple logo are trademarks of Apple Inc., registered in the US and other countries. App Store is a service mark of Apple Inc., registered in the US, and other countries. Google Play and the Google Play logo are trademarks of Google Inc.

Rimkus Resources



LifeWorks Essential + Add-ons - Services Schedule (USA)

The LifeWorks Essential services will be provided as set forth below. Any Additional services ("Additional Services") or fee for service offerings ("FFS") requested may incur an additional charge. Available Additional Services or FFS services and fees are set forth below in the Additional Services Section.

Services	Service Type
24-hours, 7 days a week, toll-free telephone access to Employee Assistance Program ("EAP") for crisis counselling, risk assessment and matching to appropriate service(s)	EAP Services
Professional EAP Counselling Services: Face-to-face, Telephonic, Self-Directed, SMS/Text, and Video Counselling Session Limit – USA, Non-CA/NV: <u>up to five (5)</u> per Eligible User per applicable EAP Services category per contract year. OR Session Limit - USA, CA/NV: <u>Up to five (5)</u> per Eligible User within a rolling six (6) month period, provided, that regardless of the issue or topic, such Eligible User does not receive more than three (3) total sessions through LWbyMSL in any six (6) month period. Topics including but not limited to: <ul style="list-style-type: none"> ○ Stress & Life Management ○ Depression, Anxiety, Grief, Loss, Anger, & Violence ○ Relationships, Life Changes, Family Matters, Parenting ○ Substance Abuse, Addictions, Smoking Cessation ○ Career Support & Resiliency Coaching ○ Pre-Retirement Planning (Lifestyle Planning) ○ Personal Traumatic Events 	EAP Services
WorkLife Solutions Services: <ul style="list-style-type: none"> ○ Eldercare Consultation ○ Childcare Consultation ○ Community Referrals ○ Health & Wellbeing Online Programs ○ Virtual Fitness Program ○ Financial Consultation ○ Legal Consultation 	EAP Services
Trauma Response Services/Critical Incident Stress Management ("CISM") Services: <ul style="list-style-type: none"> ○ Available as a fee-for-service at \$270 / hour 	EAP Services
Workplace Learning Solutions <ul style="list-style-type: none"> ○ Available as a fee-for-service 	EAP Services
Additional Value-add Services <ul style="list-style-type: none"> ○ One virtual orientation included per year 	EAP Services
Workplace Referral Program – 1:1 based on counselling model	EAP Services
LifeWorks Platform Services: <ul style="list-style-type: none"> ○ Company Posts Newsfeed ○ Wellbeing Content ○ Directory ○ Perks (Exclusive Offers, Cashback, and Gift Cards) ○ Online Self-Directed Programs ○ Total Wellbeing Index (TWI) 	Wellbeing Platform Services
Manager / Key Personnel Consultations (24/7/365)	EAP Services
Digital Promotional Materials	EAP Services
Quarterly Statistical Reports	EAP Services



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.)

American Psychological Association

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

Youtube.com