

Understanding Anxiety and Depression: How To Manage It

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Community Health Resource Center

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Understanding Mental Health and Strategies

- ① Depression
- ② Anxiety
- ③ The impact of mental health disorders
- ④ Managing anxiety and depression
- ⑤ Anxiety and Depression interventions
- ⑥ Exercises

What is depression?

DSM-5 Criteria- Major Depressive Episode

- A. Five (or more) of the following symptoms have been present during the same 2-week period and represent a change from previous functioning, including at least one of the first two:
1. depressed mood for most of the day, nearly every day, either by subjective report or observation by others
 2. loss of interest or of ability to experience pleasure
 3. significant change in weight or appetite
 4. insomnia or hypersomnia
 5. psychomotor agitation or retardation (observable by others)
 6. fatigue or loss of energy
 7. feelings of worthlessness, or of excessive or inappropriate guilt
 8. diminished ability to think or concentrate, or increased indecisiveness
 9. recurrent thoughts of death, recurrent suicidal ideation, a suicide attempt, or a specific plan for committing suicide

Types of Depression:

- **Major depression.** The classic depression type, major depression is a state where a dark mood is all-consuming and one loses interest in activities, even ones that are usually pleasurable. Symptoms of this type of depression include trouble sleeping, changes in appetite or weight, loss of energy, and feeling worthless. Thoughts of death or suicide may occur. It is usually treated with psychotherapy and medication. For some people with severe depression that isn't alleviated with psychotherapy or antidepressant medications, electroconvulsive therapy may be effective.
- **Persistent depressive disorder.** Formerly called "dysthymia," this type of depression refers to low mood that has lasted for at least two years but may not reach the intensity of major depression. Many people with this type of depression type are able to function day to day, but feel low or joyless much of the time. Other depressive symptoms may include appetite and sleep changes, low energy, low self-esteem, or hopelessness.
- **Bipolar disorder.** People with bipolar disorder—once known as manic-depressive disease—have episodes of depression. But they also go through periods of unusually high energy or activity. Manic symptoms look like the opposite of depression symptoms: grandiose ideas, unrealistically high self-esteem, decreased need for sleep, thoughts and activity at higher speed, and ramped-up pursuit of pleasure including sex sprees, overspending, and risk taking. Being manic can feel great, but it doesn't last long, can lead to self-destructive behavior, and is usually followed by a period of depression. Medications for bipolar disorder are different from those given for other depression types, but can be very effective at stabilizing a person's mood.
- **Seasonal affective disorder (SAD).** This type of depression emerges as days get shorter in the fall and winter. The mood change may result from alterations in the body's natural daily rhythms, in the eyes' sensitivity to light, or in how chemical messengers like serotonin and melatonin function. The leading treatment is light therapy, which involves daily sessions sitting close to an especially intense light source. The usual treatments for depression, such as psychotherapy and medication, may also be effective.

Types of Depression:

Depression types unique to women

Although women are at higher risk for general depression, they are also at risk for two different depression types that are influenced by reproductive hormones—perinatal depression and premenstrual dysphoric disorder (PMDD).

- **Perinatal depression.** This type of depression includes major and minor depressive episodes that occur during pregnancy or in the first 12 months after delivery (also known as postpartum depression). Perinatal depression affects up to one in seven women who give birth and can have devastating effects on the women, their infants, and their families. Treatment includes counseling and medication.
- **PMDD.** This type of depression is a severe form of premenstrual syndrome, or PMS. Symptoms of PMDD usually begin shortly after ovulation and end once menstruation starts. Selective serotonin reuptake inhibitors (SSRIs), such as fluoxetine (Prozac) and sertraline (Zoloft), may reduce symptoms.

Depression Symptoms

Common symptoms of depression: fatigue, irritability, poor concentration, tearfulness, sadness, low motivation, lack of or increased appetite, feelings of worthlessness and/or hopelessness, etc.



What is anxiety?

Generalized Anxiety Disorder

A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).

B. The individual finds it difficult to control the worry.

C. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months):

Note: Only one item required in children.

1. Restlessness, feeling keyed up or on edge.

2. Being easily fatigued.

3. Difficulty concentrating or mind going blank.

4. Irritability.

5. Muscle tension.

6. Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).

D. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

E. The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).

F. The disturbance is not better explained by another medical disorder (e.g., anxiety or worry about having panic attacks in panic disorder, negative evaluation in social anxiety disorder [social phobia], contamination or other obsessions in obsessive-compulsive disorder, separation from attachment figures in separation anxiety disorder, reminders of traumatic events in posttraumatic stress disorder, gaining weight in anorexia nervosa, physical complaints in somatic symptom disorder, perceived appearance flaws in body dysmorphic disorder, having a serious illness in illness anxiety disorder, or the content of delusional beliefs in schizophrenia or delusional disorder).

(American Psychiatric Association, 2013).

COMMON SYMPTOMS OF ANXIETY

- COGNITIVE ANXIETY- indecision, confusion, negative thoughts, poor concentration, irritability, loss of confidence, images of failure.
- SOMATIC ANXIETY - increased blood pressure, sweating, adrenaline boost, need to urinate, muscle tension, pacing, yawning, nausea, vomiting, diarrhoea, loss of appetite, sleeplessness, loss of libido
- BEHAVIOURAL ANXIETY - biting fingernails, lethargic movements, fidgeting, avoidance of eye contact, covering face with hand



Why is it important to manage anxiety and depression?

- It is only when stress is overwhelming, or poorly managed, that its negative effects appear.
- The long-term activation of the stress-response system can impact most of your body's processes putting you at risk for numerous health problems including:
 - Heart disease
 - Sleep problems
 - Digestive problems
 - Depression
 - Obesity
 - Memory impairment
 - Skin conditions

The Effects of Stress

- **On your body:** headaches, back & neck aches, trouble sleeping, grinding teeth, stomach upset, frequent infections, fatigue, increased or decreased appetite, high blood pressure
- **On your thoughts:** trouble concentrating & learning new information, racing thoughts, difficulty making decisions, forgetfulness
- **On your feelings:** anxiety, worry, guilt, nervousness, irritability, anger, frustration, depression
- **On your behaviors:** over-reactions, reduced work efficiency, problems communicating, social withdrawal, trouble getting along with others, increased smoking, alcohol or drug use

Focusing on what we CAN control

- Is there anything you can change about the situation?
- How can you change your **response** to the situation?
- How can you change the way you **think** about the situation?
- What can you say “no” to?
- What can you say “yes” to?

Managing The Stress: The Basics

- Are you taking care of your basic needs?
 - Eating well & regularly
 - Drinking enough liquids
 - Getting enough sleep
 - Taking breaks
 - Regular exercise
 - Managing your environment & getting organized

Managing Depression and Anxiety

- Empower yourself
- Take an active role in your treatment.
- Learn to speak up and ask for what you need.
- Build resilience. These can include: using past experiences to your advantage.
- Set goals for yourself.
- Understand that change
- Have confidence in yourself.
- Keep things in perspective.
- Take care of yourself.
- Set realistic expectations.



What can you expect?

- Expect that your recovery will take time.
- Expect to have setbacks.
- Expect to adjust your treatment plan along the way.
- Expect to encounter people who do not understand.
- Expect to be part of the solution.

Relaxation Techniques

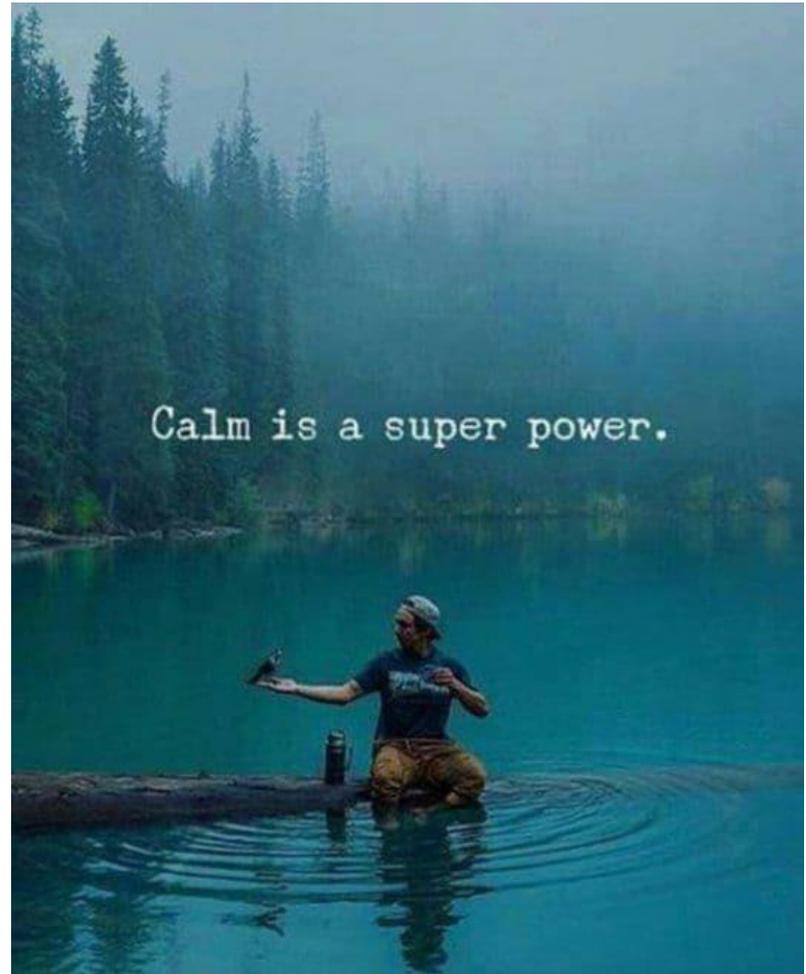
Examples of relaxation techniques include:

- Progressive muscle relaxation
- Visualization or guided imagery
- Meditation
- Exercise, yoga, tai chi
- Listening to music
- Massage
- Other hobbies or enjoyable activities (self care activities)



Mindfulness/Meditation Exercises

- Breathing exercise
<http://marc.ucla.edu/ mindful-meditations>
- Visualization exercise
- Guided meditation exercise



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Thank you!



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