Dealing with Depression
Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for Success in Health Management
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Promis: Emotional Distress – Depression – Short Form 8a

Please respond to each question or statement by rating it 1-5:
1-Never 2-Rarely 3-Sometimes 4-Often 5-Always

In the past 7 days...
1. I felt worthless
2. I felt helpless
3. I felt depressed
4. I felt hopeless
5. I felt like a failure
6. I felt unhappy
7. I felt that I had nothing to look forward to
8. I felt that nothing could cheer me up

Scoring: add up value on 8 items= Raw Sum then multiple by number of items on form and divide by 8 which gives a T Score: T Score of 50 = average anything over 50 is a sign of some depression, the higher the T Score the greater the depression.
Person when depressed experiences:

- A lack of enthusiasm for life
- A lack of energy for self-growth
- Confusion as to what is the meaning of life for self
- A blue funk
- A lack of excitement or appreciation for personal accomplishments in life
- Lethargy, tiredness & exhaustion.
- An inordinate desire to sleep
- A flat emotional affect
- Boredom with one’s life, job, family or friends
- The absence of spontaneity or joy of living
What irrational beliefs lead one into depression?

- I should not make mistakes.
- People should automatically recognize my worth and value.
- It is wrong for me to show my anger.
- It is a sin to be angry at my parents’ (or others) behavior toward me.
- I should not disagree with others.
- People should accept me the way I am.
- My loved ones should not leave me, should not die.
- I should not get sick or disabled.
- What I do should be done perfectly.
- I should be rewarded in life for my hard work and sacrifices.
- Things should not change
- I should be happy when I am successful.
- The holiday season should be the happiest time of my year.
More irrational beliefs lead one into depression?

- I should be in control over all aspects of my life.
- I work best under pressure.
- If you want a thing done, give it to a busy person.
- I am unable to avoid the crises in my life.
- I should be able to solve problems that come my way.
- I am only worthwhile if I accomplish something visibly productive on a daily basis.
- I should not consider my current problems or behavior as a reflection of the way I was reared.
- My goals in life should be clear.
- I should not be suffering today because of the way I was reared.
- Relationships should be established and maintained with ease.
- Others should know what I need from them without my having to ask; it's perfectly clear.
- I should have been more successful, but others held me back.
Depression Manifestations

- Major or Clinical Depression: Sever and disrupts ability to perform daily tasks
- Dysthymia: Milder than major depression but persists for at least 2 years
- Double Depression: Major + Dysthymia
- Atypical Depression: Can temporarily put on a brave face and can appear OK to others
- Melancholia: Unable to even temporarily feel any lift, easy to see in someone
- Depression coupled with Anxiety
- Postpartum Depression
- SAD (Winter Blues)
Emotionally arousing rumination → Over dreaming (REM) and less deep sleep (recuperation) → Tiredness or exhaustion by morning → Depressive thinking styles → Emotionally arousing rumination

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Neurobiology of Depression – Depression Is In the Brain

The neurobiology (biology of the brain) of major depression research areas include:

- Psychosocial stress and stress hormones
- Neurotransmitters such as serotonin, norepinephrine, dopamine, glutamate and gamma-aminobutyric acid (GABA)
- Neurocircuitry (neuroimaging)
- Neurotrophic factors
- Circadian rhythms
Genetics

Development
social/emotional competence, brain maturation, puberty

Behavior
personality/temperament, externalizing/internalizing disorders

Environment
peer influence, stress, availability

Physiology
alcohol metabolism, craving, reward, tolerance, withdrawal
Depressed mood

Biological influences:
- genetic predispositions
- changes in brain chemistry
- brain damage due to stress and other factors

Psychological influences:
- negative explanatory style
- learned helplessness
- gender differences

Social-cultural influences:
- traumatic/negative events
- cultural expectations
- depression-evoked responses
DEMORALIZED

50% HIGH CORTISOL

STRESS

DEPRESSION

CHANGE IN LIFESTYLE

MEDICATION

THERAPY

25% ANXIETY

TRAUMA / ABUSE / ILL

MEDICATION AND THERAPY

4% GENETIC

4% DRUG ABUSE

LIMITED OR SLOW RECOVERY

11% UNKNOWN

6% PMS
Areas of the brain affected by Depression
How neurons interact
Brain Diagram with Amygdala
"Neurotransmitter" means what really does this really mean? Neurotransmitters are chemical messengers within the brain that facilitate communication between nerve cells. Here’s an illustration of serotonin.
Diminished Serotonin Activity

Overactive Deep Limbic System

- Depression
- Negativity
- Moodiness
- Irritability
- Social isolation
- Hopelessness
- Excessive guilt
- Easily offended
Neurotransmitters & Depression

A reduction of norepinephrine and serotonin has been found in depression.

Drugs that alleviate mania reduce norepinephrine.
How Prozac Works

Prozac: How It Works

Normal: Serotonin is released into the synapse to aid in the transmission of nerve impulses.

Depressed: The pre-synaptic nerve reabsorbs the serotonin from the synapse too quickly. The low concentration of serotonin in the synapse prevents the traveling of the impulse to the post-synaptic nerve.

On Prozac: Prozac blocks serotonin reuptake receptors, keeping the concentration of serotonin in the synapse high enough to carry nerve impulses across the synapse.

Pre-synaptic nerve  Synapse  Post-synaptic nerve
Strategies that free people from their depression

Self-Affirmations
- I AM – Statements of Being
- I CAN- Statements of Potential
- I WILL-Statements of Commitment

Positive visual imagery
- Safe place which is calm, relaxing and refreshing to you

Developing a positive narrative about one’s life
- Reframe your self-story to emphasize the good and positives elements in your life
Change of Lifestyle to reduce Stimuli for Depression

- Maintaining a healthy and nutritious meals daily - Mediterranean Diet
- Maintaining a balance of exercise and physical activity daily
- Gaining a adequate hours of sleep each night
- Implementing relaxation activities in one’s daily schedule
- Seeking out my family doctor for a consultation concerning one’s experience of depression to rule out that is a physiological rather than psychological symptom
- Get any lab work required
- Be open to work with a prescription of an antidepressant
- Go for psychotherapy as needed if the medication and lifestyle change are not enough
So What is your Action Plan for Overcoming or Preventing Experiencing Depression in your life?