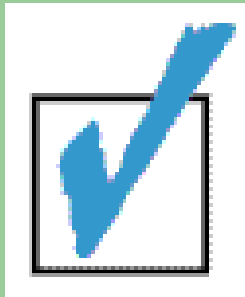


Dealing with Depression

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

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





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 loss 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
- A lack of desire to keep on keeping on
- the feeling that the world would be better off if person no longer existed
- the desire to run away or end it all
- the feeling that person is only an observer of life and not involved in it
- a sense of living in slow motion
- a feeling of energy & drive in the midst of a crises, deadline, or tragedy
- tearfulness & weeping for no apparent reason
- loneliness, isolation, a lack of being connected to the others in one's life
- apathy, discontent & a hollow feeling regarding one's day to day existence



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 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

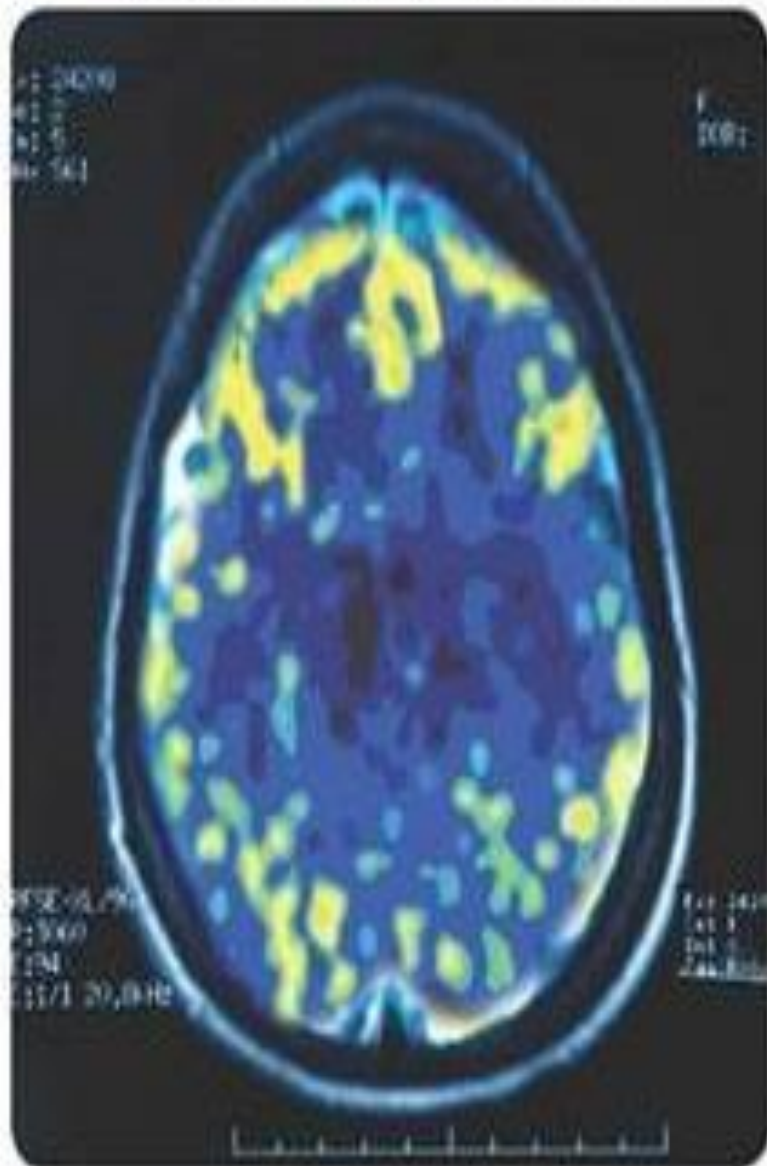
Postpartum Depression

SAD
Winter Blues

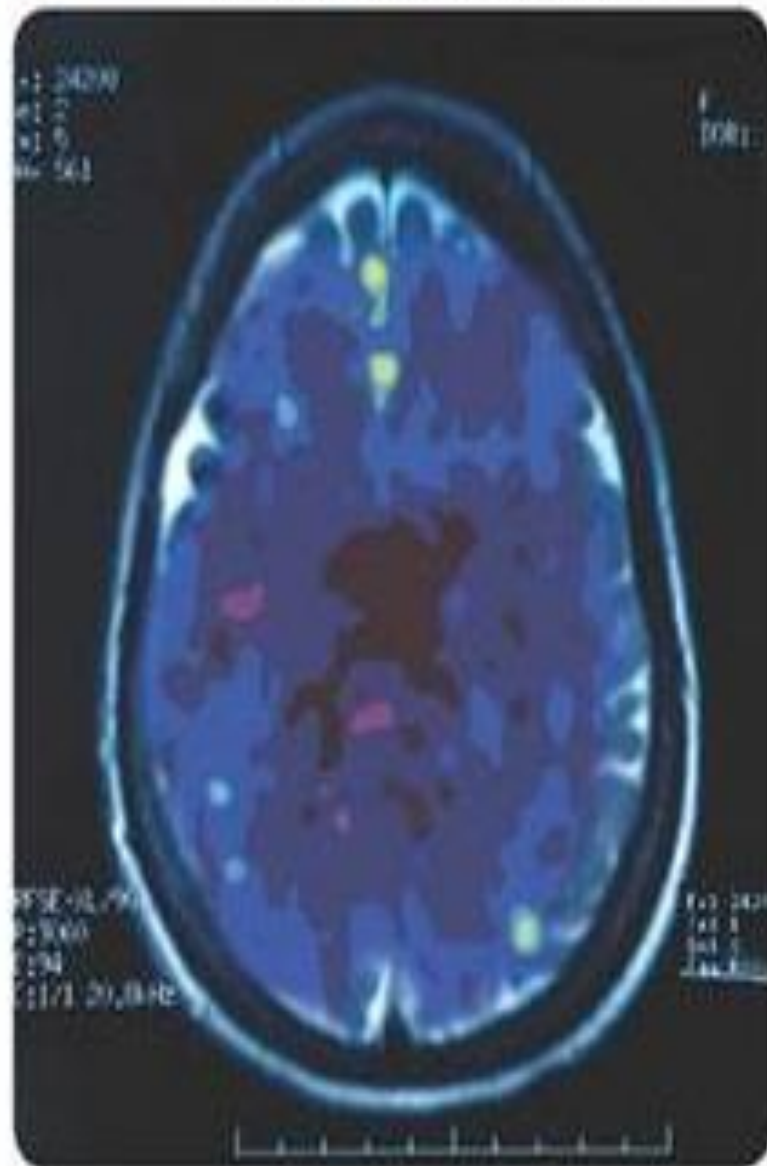




NON-DEPRESSED



DEPRESSED

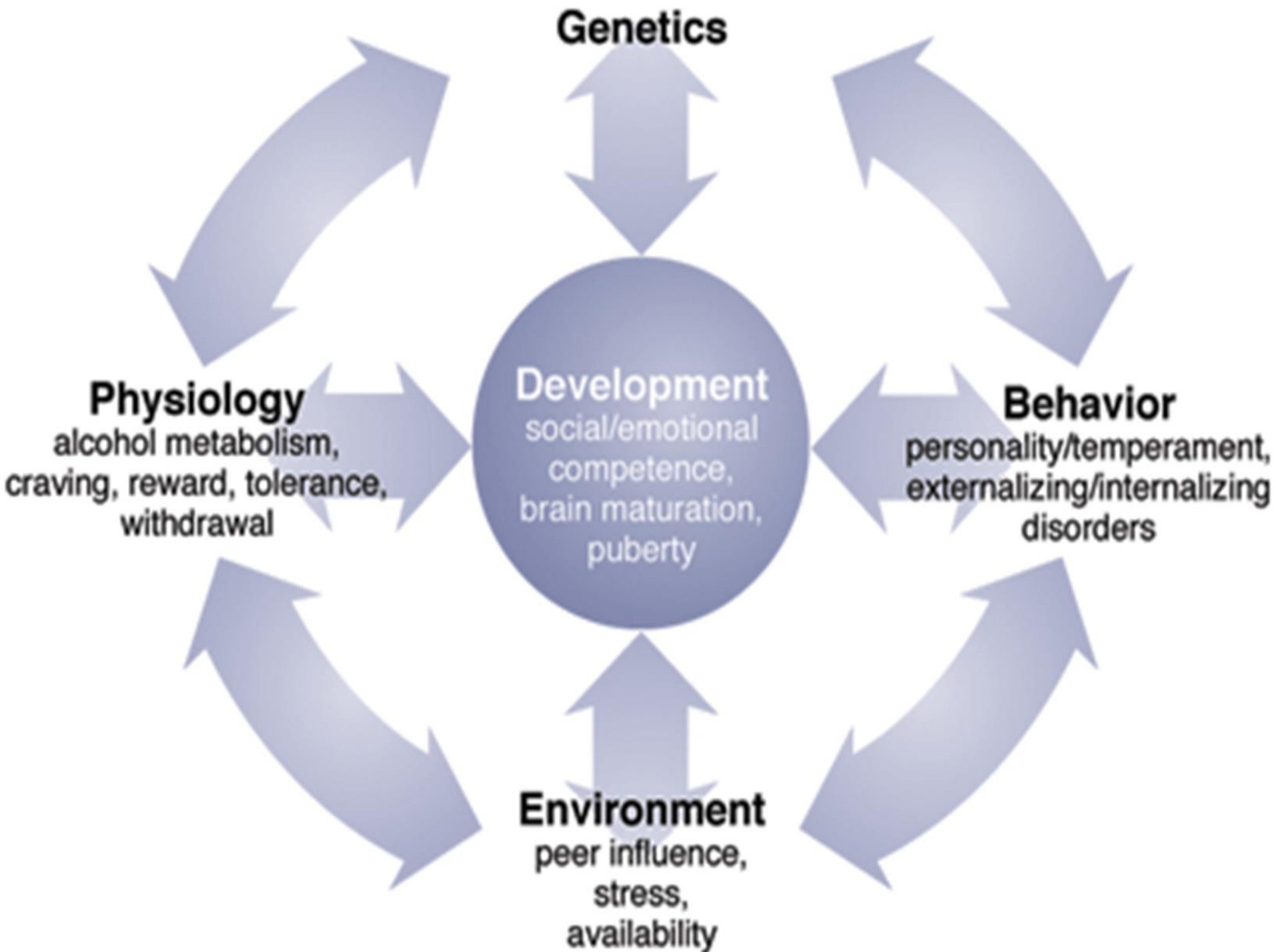




Neurobiology of Depression – Depression Is In the Brain

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

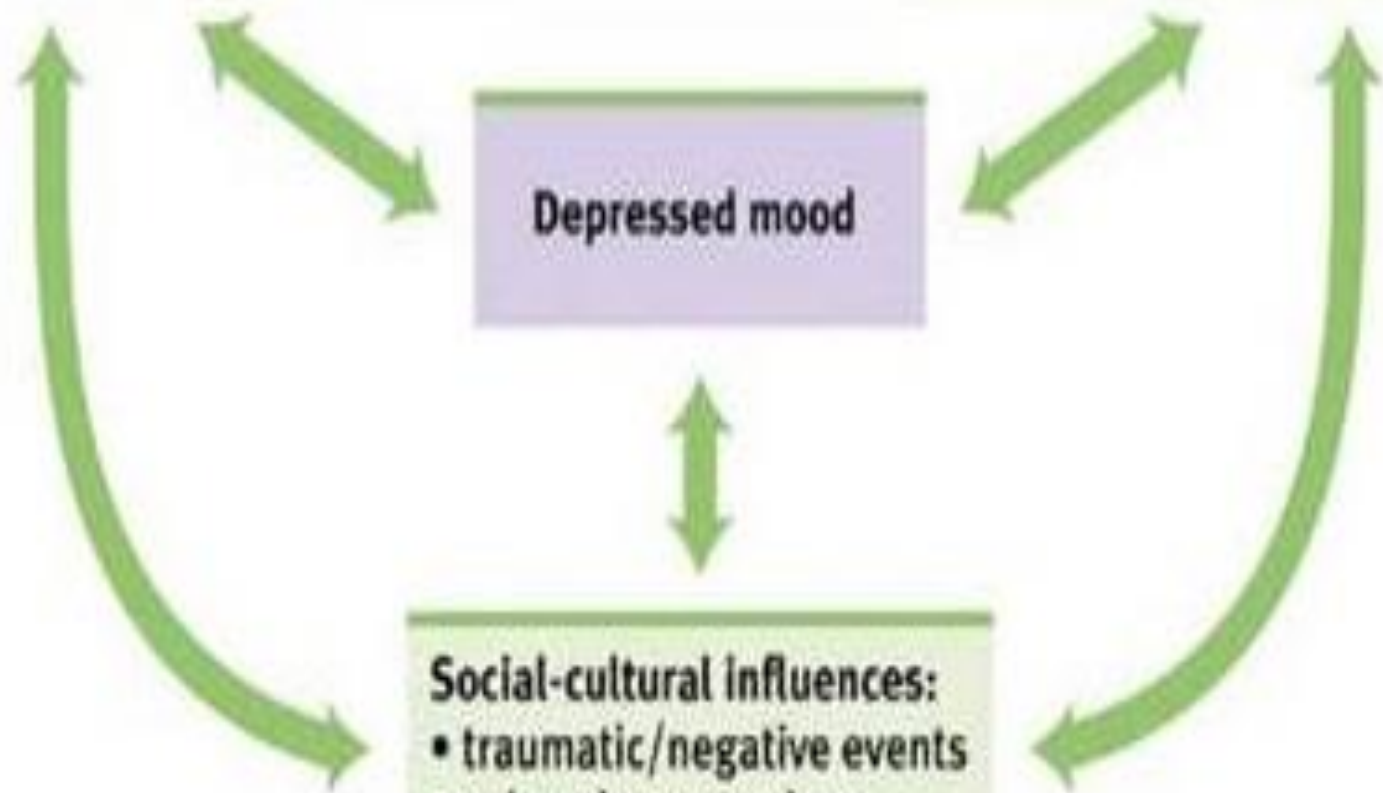
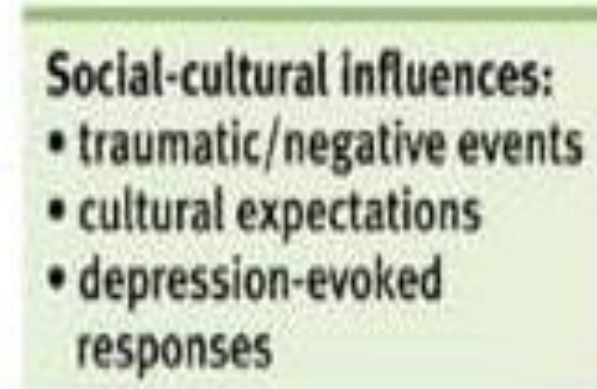
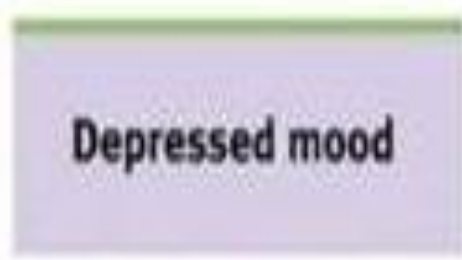


Biological influences:

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

Psychological influences:

- negative explanatory style
- learned helplessness
- gender differences



DEMORALIZED

**CHANGE IN
LIFESTYLE**

50% HIGH CORTISOL

STRESS

MEDICATION

DEPRESSION

THERAPY

**25% ANXIETY
TRAUMA / ABUSE / ILL**

**MEDICATION
AND THERAPY**

4% GENETIC

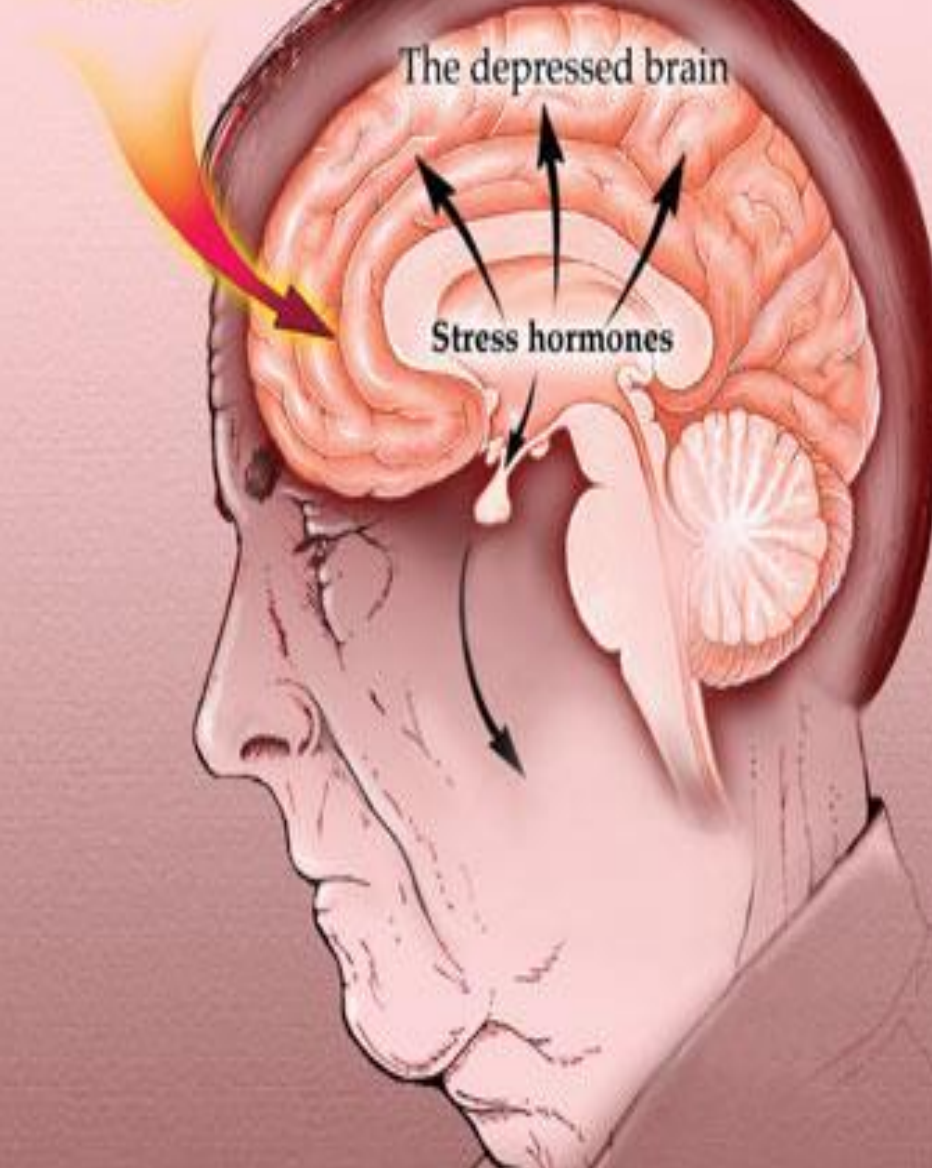
11% UNKNOWN

**LIMITED OR
SLOW RECOVERY**

6% PMS

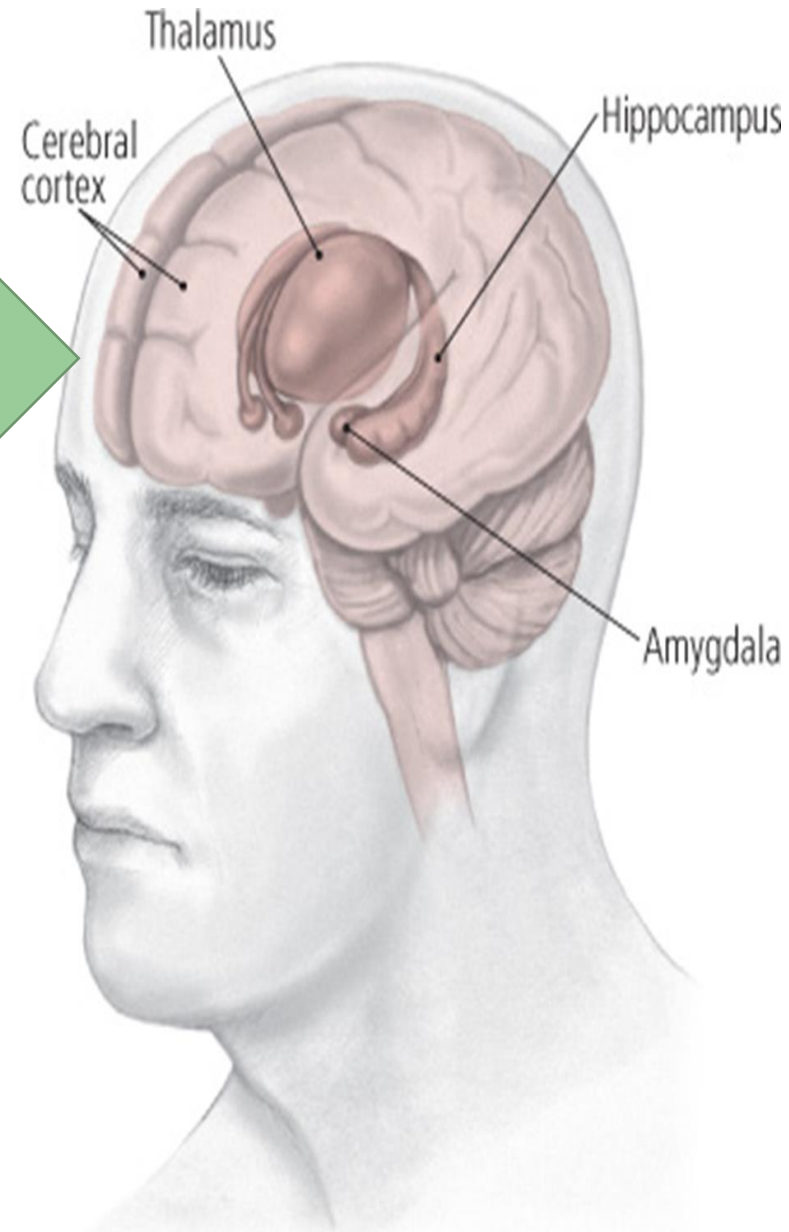
4% DRUG ABUSE

STRESS



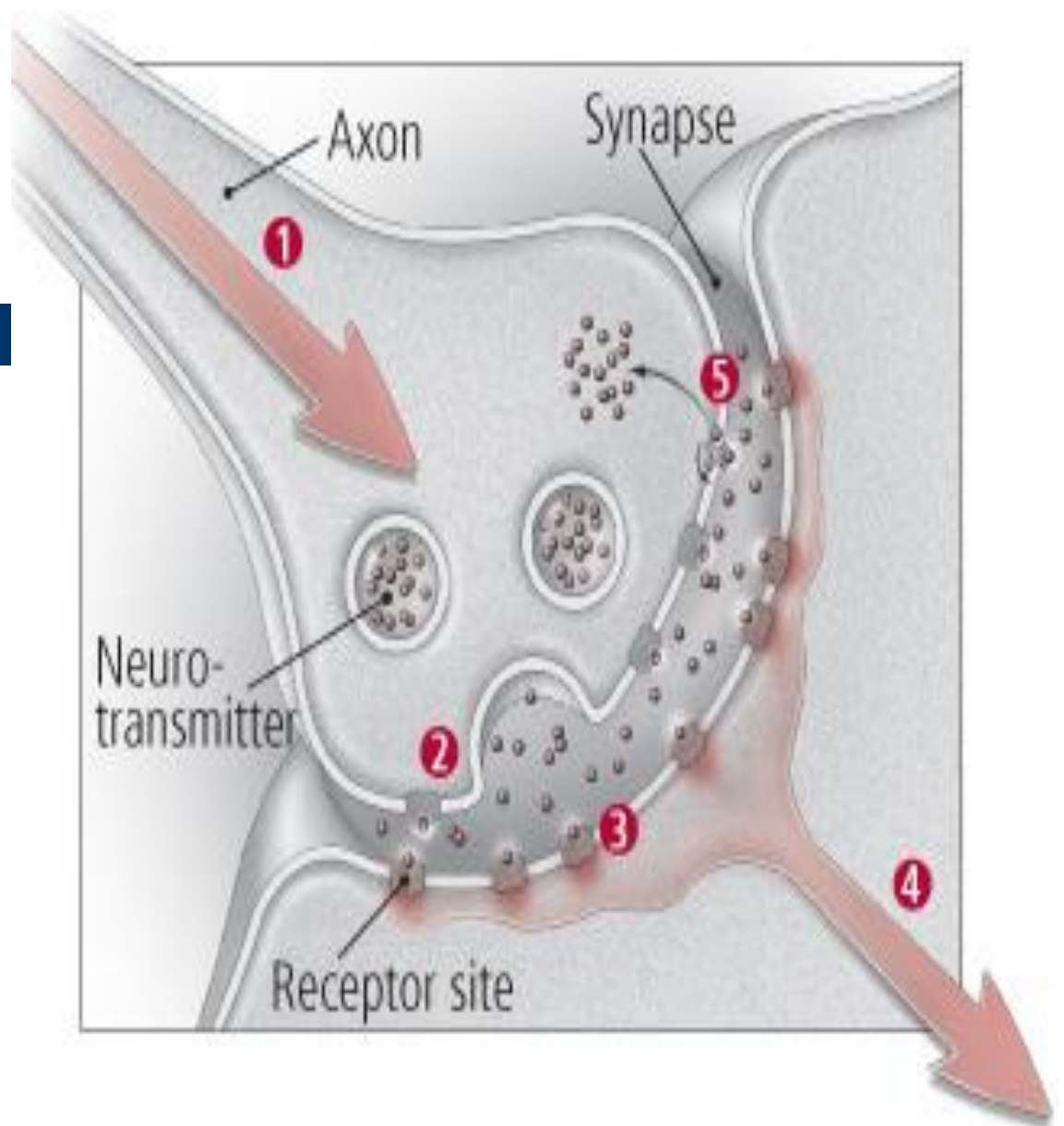


**Areas of the brain
affected by Depression**



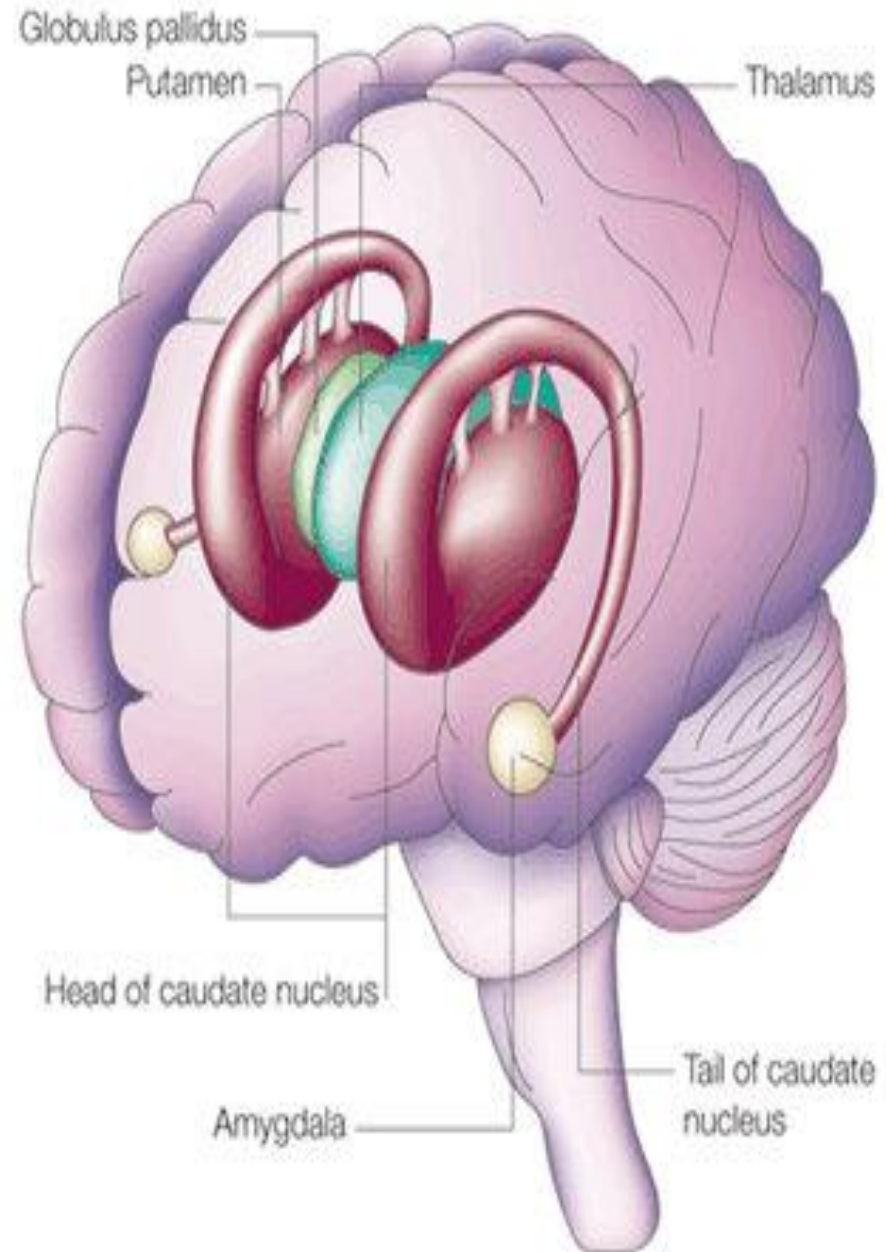


How neurons interact



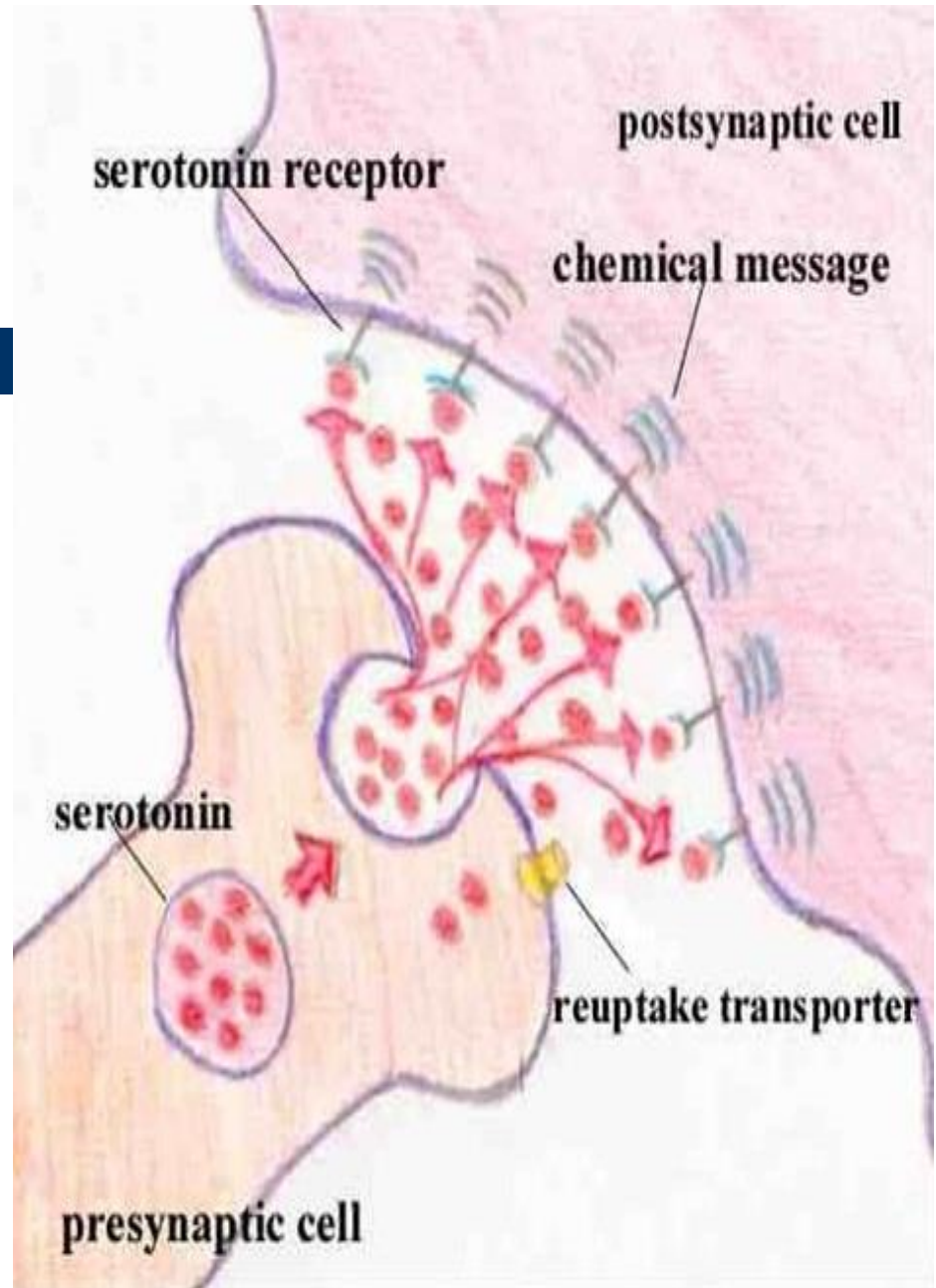


Brain Diagram with Amygdala





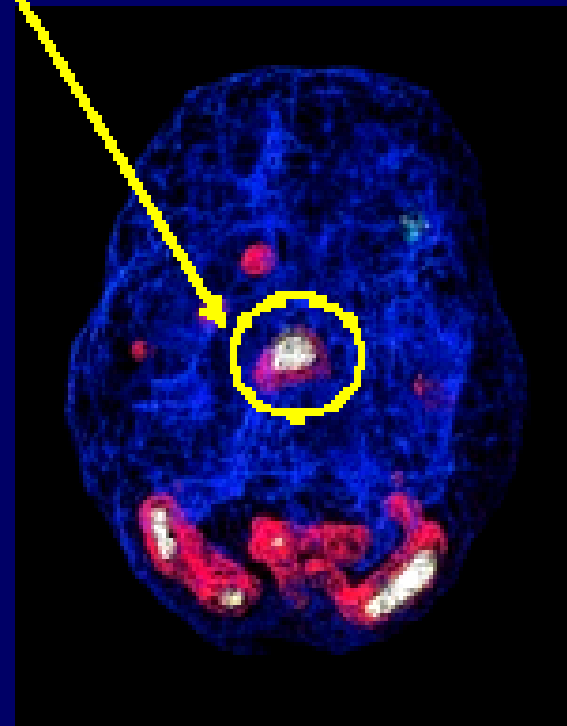
“Neurotransmitter” what does this really mean? Neurotransmitters are chemical messengers within the brain that facilitate communication between nerve cells. Here’s an illustration of serotonin.



Diminished Serotonin Activity

Overactive Deep Limbic System

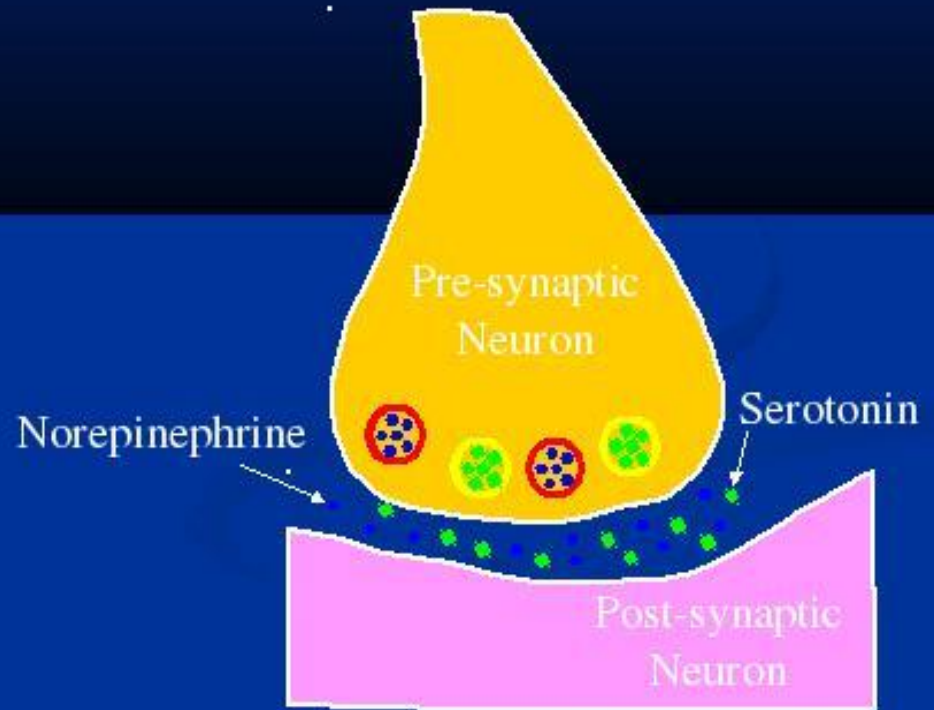
- Depression
- Negativity
- Moodiness
- Irritability
- Social isolation
- Hopelessness
- Excessive guilt
- Easily offended



Neurotransmitters & Depression

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

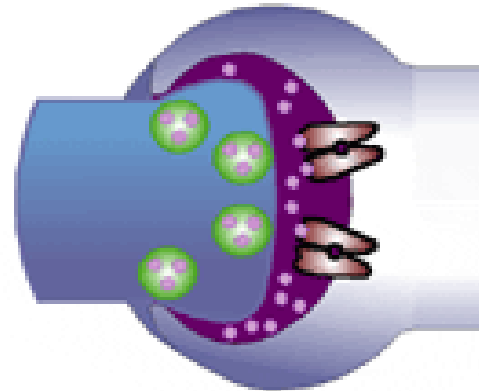
Drugs that alleviate mania reduce norepinephrine.



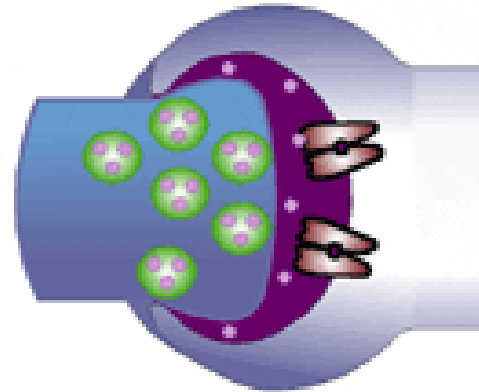


How Prozac Works

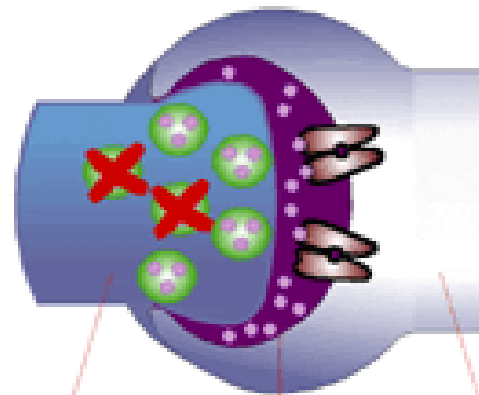
Prozac: How It Works



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 life style change are not enough



**So What is your Action Plan
for Overcoming or
Preventing Experiencing
Depression in your life?**