



Coping with Stress and Depression Webinar

Featuring

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Families for Depression Awareness



November 1, 2018



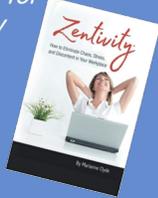
Agenda

- How to identify signs of stress in the workplace
- What are ways to manage stress
- Mindfulness introduction and exercise
- How to identify when it's *more* than stress
- What are anxiety and depression
- How and where to get help
- About Families for Depression Awareness
- Questions & Answers

Meet Our Expert Presenter



Marianne Clyde, LMFT
*Marianne Clyde Center for Holistic Psychotherapy
 Warrentown, VA*




Definition of stress







Stress is your body's way of responding to any kind of demand. It comes from the strains of day-to-day life or acute events.



Definition of stress

1/3 of your life is spent at work

- Almost 90,000 hours in a lifetime!

Workplace stress leads to mental and physical impairments

- 80% of employees state workplace stress affected relationships with friends or family
- 63% of employees engage in unhealthy behaviors as a result of job stress



*Mental Health America, "Mind the Workplace: MHA Workplace Health Study," 2017

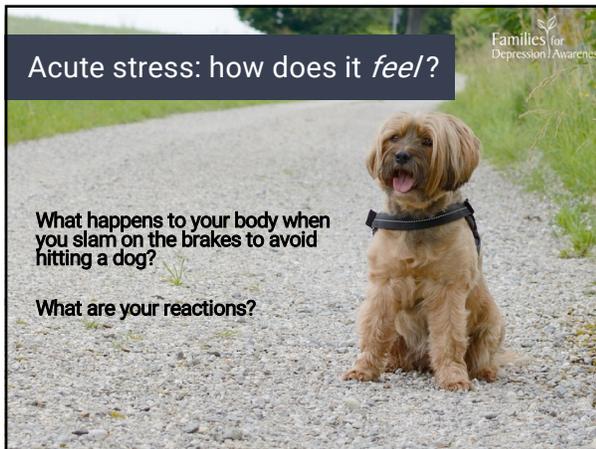


Stress in the workplace



What contributes to stress in the workplace?

Concerns at home	Organizational change
Long work hours	Interpersonal issues
Loose boundaries	Inadequate pay
Change in position or duties	Safety concerns
Lack of control over work	Boring work

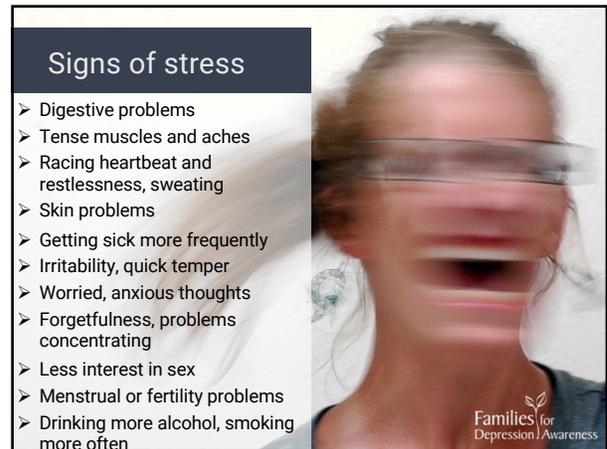


Acute stress: how does it *feel*?

What happens to your body when you slam on the brakes to avoid hitting a dog?

What are your reactions?

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Signs of stress

- Digestive problems
- Tense muscles and aches
- Racing heartbeat and restlessness, sweating
- Skin problems
- Getting sick more frequently
- Irritability, quick temper
- Worried, anxious thoughts
- Forgetfulness, problems concentrating
- Less interest in sex
- Menstrual or fertility problems
- Drinking more alcohol, smoking more often

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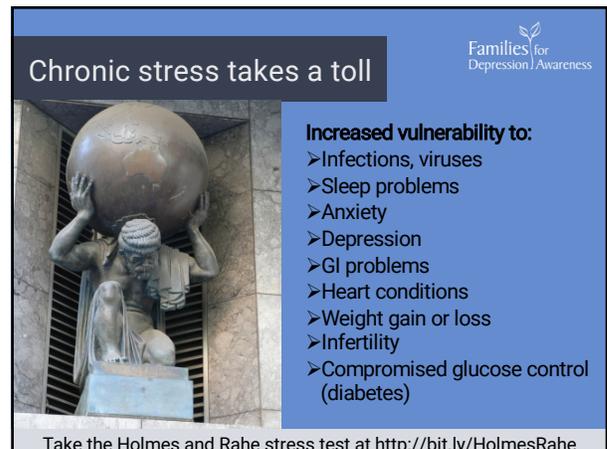


Stress impacts the body

“Fight, flight, or freeze” response

- Adrenaline and other body chemicals are released
- Good for short spurts, not long term
- Chronic stress without healthy release has long-term consequences to physical and emotional health

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Chronic stress takes a toll

Increased vulnerability to:

- Infections, viruses
- Sleep problems
- Anxiety
- Depression
- GI problems
- Heart conditions
- Weight gain or loss
- Infertility
- Compromised glucose control (diabetes)

Take the Holmes and Rahe stress test at <http://bit.ly/HolmesRahe>

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How do you cope with stress?

Healthy ways and unhealthy ways

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Strategies for coping with stress

- Relax deliberately and breathe deeply
- Eat well, with a healthy, balanced variety of foods
- Stop smoking
- Limit coffee and alcohol
- Exercise and move your body
- Sleep long enough to feel rested
- Set limits
- Spend time with others
- Laugh and sing
- Practice spirituality
- Focus on your goals
- Create a good self-care routine

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Enjoy the little THINGS

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Practice gratitude

Reframing




Turn negative thoughts into positive possibilities

Reduce stress and improve mood

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Reframing: self-assessment

Inventory your positive attributes



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Practicing MBSR

Mindfulness means paying attention in a particular way—deliberately, in the present moment, and without judgment

Practice Mindfulness-Based Stress Reduction through

- Meditation
- Yoga
- Tai chi
- Other body-centered meditative approaches



By increasing awareness in a conscious way, you can work through your stress

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Mindfulness exercise



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All-day self-care/mindfulness

- Take a few deep breaths
- Wake up to sounds that soothe
- Look (or be) outside
- Do a guided meditation/relaxation



- Take a break to replenish and refocus
- Be present in your conversations
- Be compassionate with others
- Be realistic about what you can do

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Create good work habits

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Consider

- Taking time for lunch
- Setting boundaries
- Not working overtime
- Leaving work at work
- Not working during time off
- Getting regular supervision
- Taking mental health days
- Taking all vacation and personal days



Find more suggestions for self-care habits at <http://bit.ly/scwheel>

Commit to reducing stress

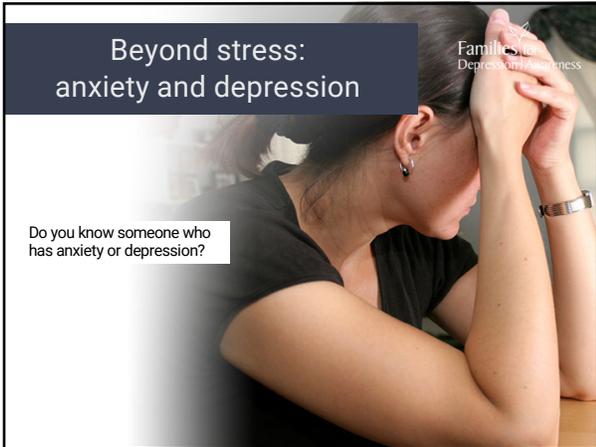
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"I commit to [doing what] [by when] to help manage my stress."

Beyond stress: anxiety and depression

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Do you know someone who has anxiety or depression?

These are medical conditions

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Clinical depression and anxiety

- Affect people of any age, gender, race, income level
- Are treatable medical conditions
 - 80% of people improve with treatment
- Are often biologically based
 - Like diabetes or heart disease



What is anxiety?

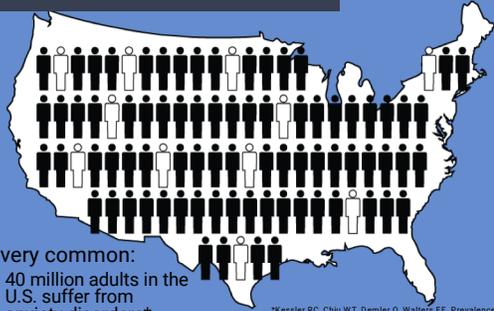
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Excessive dread, fear, or worry that is intense and ongoing

Who has anxiety disorders?

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It is very common:

- 40 million adults in the U.S. suffer from anxiety disorders*

*Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry. 2005 Jun;62(6):617-27

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Signs of anxiety disorders

- Irrational feelings of fear, uneasiness, dread
- Excessive worry
- Impaired concentration or selective attention
- Feeling restless or on edge
- Heart palpitations or racing heartbeat
- Avoiding activities or people
- Bothered by normal surrounding noise or conversation
- Irritability
- Sweating
- Fatigue
- Headaches and stomach problems
- Insomnia
- Repetitive/compulsive behaviors (checking, counting, washing)
- Easily startled or jumpy
- Nervousness

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What is clinical depression?

- More than sadness or "the blues"
- Persistent changes in mood, behavior, feelings
- Interferes with life activities



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Who has clinical depression?

Depression is common

- 17 million American adults in 2017¹
- About 7% of American adults have at least one major depressive episode in a given year¹
- 20% of teens will experience depression by adulthood²

Up to 15% of people with untreated depression die by suicide.³



1: SAMHSA 2017 NSDUH
2: American Academy of Child and Adolescent Psychiatry, Facts for Families, The Depressed Child, 2008.
3: National Center for Health Statistics, 2007.

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Top signs of depression

For at least 2 weeks:

- Feeling miserable, depressed, sad, empty, or irritable
- Losing interest or pleasure in most activities

If thinking of death or suicide - **Seek help immediately***



* If someone you know is suicidal, **act now**: urgently call their psychiatrist, call 9-1-1, or take them to the local hospital emergency room.

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More signs of depression



Changes in

- sleep patterns or eating habits (too much or too little)
- energy levels and activity (unrest or fatigue)
- sense of self-worth (or feeling guilty)
- ability to concentrate or make decisions
- physical health, e.g., unexplained or nonspecific aches and pains

Depression is often an underlying cause of substance and alcohol abuse

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Depression: what others notice

- Talking very negatively or expressing hopelessness
- Being preoccupied that life is meaningless
- Acting without concern for others
- Abusing alcohol or drugs
- Picking fights, being irritable, critical, or mean
- Withdrawing from people
- Having trouble at work or school
- Talking suddenly about separation or divorce
- Eating or sleeping too much or too little
- Complaining of medically unexplained aches and pains
- Behaving unusually or uncharacteristically



Where to go for help

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- Complete an online screening, give to your clinician to get a full evaluation
 - Online screening at www.familyaware.org: click "Help Someone" and "Take the Depression and Bipolar Test"
 - Other mental health screenings: www.helpyourselfhelpothers.org
- Your doctor (get a referral)
- Mental health clinician (e.g., psychiatrist, psychologist, social worker, psychiatric nurse, family therapist)
- Employee Assistance Program at your company

Depression treatment

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- **Talk therapy**
 - e.g., cognitive behavioral therapy
- **Medication**
 - can improve mood and functioning
 - takes time to find right medication/dosage
 - monitor for positive effects and side effects
 - alcohol and drugs interfere
- **Other interventions: "SEE"** (take care with Sleep, Exercise, Eating)



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About Us



Our mission

Families for Depression Awareness

We help families recognize and cope with depression and bipolar disorder to **get people well** and **prevent suicides**.

Families for Depression Awareness is a national nonprofit organization providing education, training, and support.



Our philosophy

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Depression and bipolar disorder affect the whole family



Our website

Families for Depression Awareness

Help Someone - Mood Disorders - Programs - Support Us - About

Bringing mood disorders into the light

About Us



Stories and interviews

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Written and audio expert interviews such as

- Diagnosis and Treatment
- Family Communication
- How to Find and Pay for Treatment
- Family History

plus personal stories about how families have addressed and managed depression and bipolar disorder



Free webinars

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Teen Depression: Addressing Stress
with Amy Saltzman, M.D.



Bipolar Disorder: Beyond the Basics
with Martha Tompson, Ph.D. and Pata Suyemoto, Ph.D.



More Than Mood: Depression Symptoms
with Alice Medafia, Ph.D.

Watch these webinars today!
familyaware.org/trainings

More Than Mood

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Depression impacts more than mood; it also can impair thinking. We call these the **ROAM** symptoms of depression because they affect

- Reasoning
- Organization
- Attention
- Memory

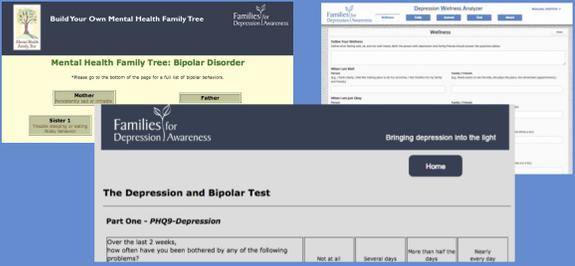
familyaware.org/more-than-mood



- Webinar
- Family story videos
- Fact sheets
- Wellness analyzer
- Video on impaired processing speed
- Cognitive dysfunction handbook

Web tools

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Mental Health Family Tree: Bipolar Disorder

The Depression and Bipolar Test

Part One - PHQ-9-Depression

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
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Teen Depression Program

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WEBINAR & WORKSHOP



TEEN SPEAKERS



WELLNESS GUIDES

To learn more, visit www.familyaware.org/schools and contact Ari Cohen at 781-890-0220 or ari@familyaware.org

Publications and Guides

Families for Depression Awareness



Coping with Stress

Helping Someone Who is Depressed

Depression and Bipolar Wellness Guide

Depression and Bipolar Wellness Guide

Depression Wellness Guide

Care for Your Mind

Families for Depression Awareness

Exposing problems, gaining perspectives, and proposing solutions to fix our mental health care system



Our advocacy blog, specifically for people living with depression or bipolar disorder and their families, clinicians, researchers, policymakers, advocates, and others!



Our presenter, Marianne Clyde, LMFT
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Massachusetts Department of Public Health and
the Takeda Lundbeck Alliance

Thank you, too!

Families for Depression Awareness

Our programs are made possible by generous contributions from



PEOPLE LIKE YOU!

Make a donation at www.familyaware.org/donate and THANKS!

Families for Depression Awareness is a participating charity in the Combined Federal Campaign. Support us by designating **charity code 23414**.

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Questions and Answers

No time for Q&A? Take the survey!
<https://www.surveymonkey.com/r/CWSFall2018>

Next steps

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- Please complete the online evaluation at <https://www.surveymonkey.com/r/CWSFall2018> to receive your free Coping with Stress brochure
- Implement your commitments to reducing stress
- Take the Depression Test at www.familyaware.org - click on "Help Someone"
- Visit www.familyaware.org to learn more, volunteer, and donate to Families for Depression Awareness

