

# Depression

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**June 10, 2020**

# Depression – Introduction

- **Everyone experiences some unhappiness**
- **These painful feelings are usually**
  - **appropriate,**
  - **necessary,**
  - **transitory,**
  - **and even an opportunity for personal growth**

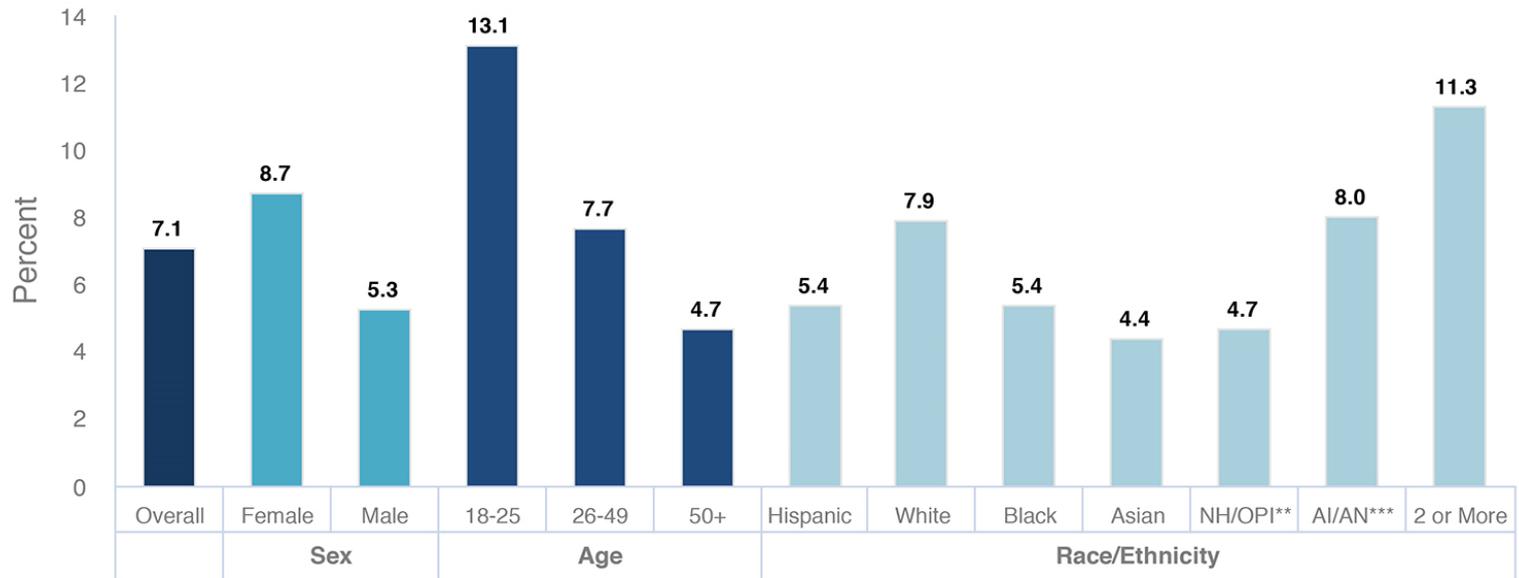
# Depression – Introduction

- **However, sadness and depression are not the same.**
- **When sadness persists and impairs daily life, it may be an indication of a depressive disorder.**
- **Severity, duration, and the presence of other symptoms are factors that distinguish normal sadness from a depressive disorder.**

# Depression – Is Common

Past Year Prevalence of Major Depressive Episode Among U.S. Adults (2017)

Data Courtesy of SAMHSA



# Consequences

- **The negative effects of parental depression on children cannot be understated**
- **It effects other relationship such as marriages**

# Consequences

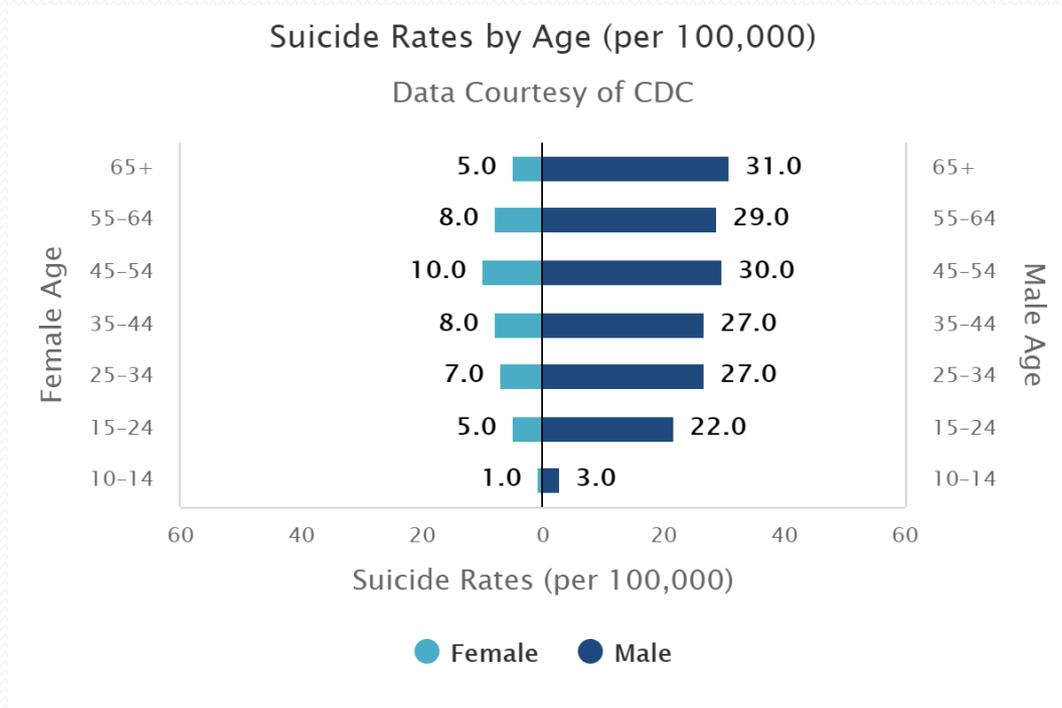
- **According to a major 2003 survey, it accounted for nearly half of the nation's excess lost productive time (in most cases because of reduced performance at work).**
- **Workers with depression also lose significantly more time due to ill health than non-depressed workers. Such lost time is estimated to cost the country billions of dollars each year.**

# Suicide - 2017

- **The average suicide rate in the U.S. is about 14 per 100,000**
- **Suicide is the tenth leading cause of death among the entire population.**
- **Suicide has been reported as the second leading cause of death among children through young adults, exceeded only by unintentional injuries.**
- **About 4.3 % Americans had contemplated suicide.**
- **There were more than twice as many suicides (47,173) in the United States as there were homicides (19,510)**

Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports for 2017  
[2017 National Survey on Drug Use and Health](#) (NSDUH)<sup>†</sup> by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA).

# Suicide - 2017



# Signs and symptoms that may accompany suicidal feelings

- talking about feeling suicidal or wanting to die
- feeling hopeless, that nothing will ever change or get better
- feeling helpless, that nothing one does makes any difference
- feeling like a burden to family and friends
- abusing alcohol or drugs
- putting affairs in order (e.g., organizing finances or giving away possessions to prepare for one's death)
- writing a suicide note
- putting oneself in harm's way, or in situations where there is a danger of being killed

<http://www.nimh.nih.gov/publicat/bipolar.cfm>

## **When someone is intent on harming themselves**

- **call a doctor, emergency room, or 911 right away to get immediate help**
- **make sure the suicidal person is not left alone**
- **make sure that access is prevented to large amounts of medication, weapons, or other items that could be used for self-harm**
- **<http://www.nimh.nih.gov/publicat/bipolar.cfm>**

# Major Depressive Episode

- **At least five of the symptoms listed must occur for a period of at least 2 weeks,**
- **They must represent a change from previous behavior or mood.**
- **Depressed mood or loss of interest must be present**

# Major Depressive Episode

- 1. Depressed mood on most days for most of each day -- irritability may be prominent in children and adolescents**
- 2. Total or very noticeable loss of pleasure most of the time**
- 3. Significant increases or decreases in appetite, weight, or both**
- 4. Sleep disorders, either insomnia or excessive sleepiness, nearly every day**

# Major Depressive Episode

5. Feelings of agitation or a sense of intense slowness
6. Loss of energy and a daily sense of tiredness
7. Sense of guilt or worthlessness nearly all the time
8. Inability to concentrate occurring nearly every day
9. Recurrent thoughts of death or suicide

## **Other Signs Which May Be Seen**

### **MAY BE SEEN GENERALLY**

- **Hopelessness**
- **Social isolation, poor communication**
- **Low self-esteem**
- **Extreme sensitivity to rejection or failure**
- **Difficulty with relationships**

### **MAY BE SEEN IN CHILDREN**

- **Persistent boredom**
- **Frequent complaints of physical illness**
- **Frequent absences from school**
- **Poor performance in school**

# Perspectives on Mental Disorders

## Biological

concept that mental disorders are physical diseases with physical causes

## Psychodynamic

Unconscious conflicts and drives  
Early childhood trauma

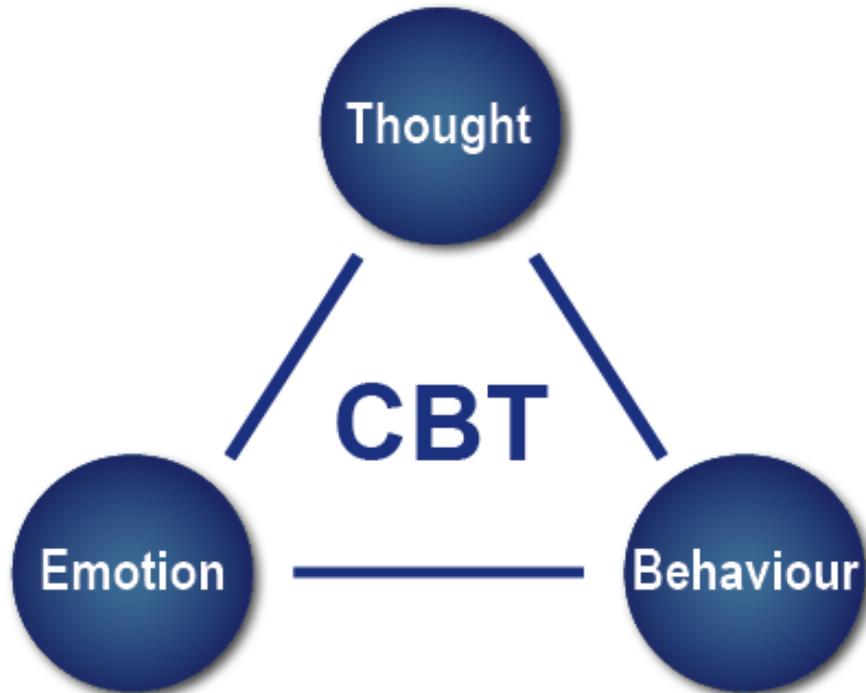
## Social

Continuous exposure to violence, neglect, abuse, etc.

# Treatment

- **Your counselor or therapist can help you see how you look at things, and you can learn to see why and how you have negative thoughts and feelings.**
- **At times, a medication may be recommended.**
- **Several studies have supported a combination of therapy plus antidepressants to be most effective for most people.**

What we *think* affects  
how we act and feel.



What we *feel* affects  
how we think and do.

What we *do* affects  
how we think and feel.

## Mood Disorders- Depression

Altering any one component of the  
chemistry-cognition-mood circuit  
can alter the others

**There are some steps we can take to help with our emotional well being and health**

- **Eat a healthy balanced diet**
- **Stay away from alcohol and/or drugs**
- **Regular exercise**
- **Sleep 6 to 8 hours per night**
- **Find time to relax everyday**
- **Learn new and better ways to take care of problems**
- **Learn which activities make you feel better and do them often**
- **Talk to your family and friends.**
- **Strong and active spiritual life**

# Closing

**Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John 2**

# STRESS & ANXIETY

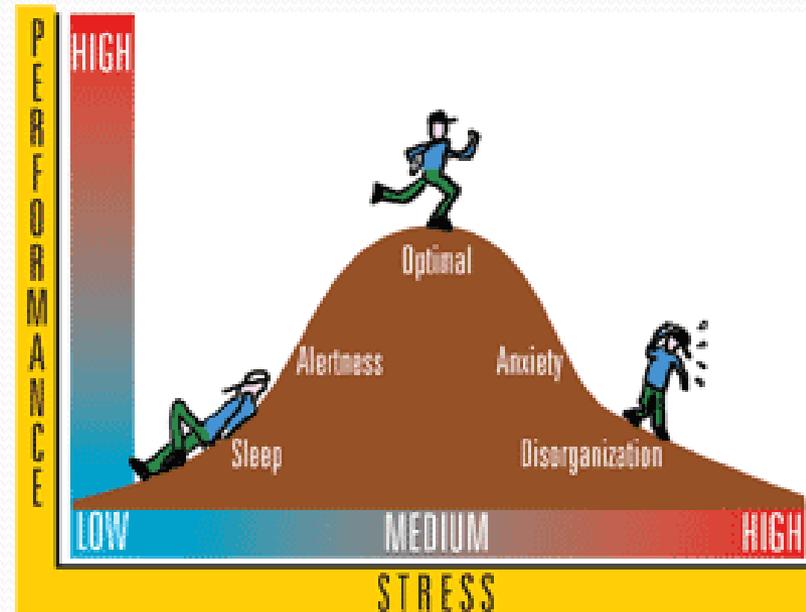
LaNiña Mompremier, Ph.D.

# Understanding Stress

- We need some level of stress to keep us alert, it motivates us to face challenges, and drives us to solve problems.
- But too much stress for too long can be debilitating, sucking up any energy to deal with new stressors.

- Positive
  - Motivating
- Negative
  - Debilitating

Stress Performance Connection



# Understanding Stress

- When we experience too much stress for too long, we enter the **Exhaustion stage**.
- Overexposure to cortisol:
  - Cortisol is steroid hormone is made in the adrenal glands and plays a role in...blood sugar regulation, inflammation reduction, metabolism regulation, and memory formulation.
    - effectively shuts down – immunity, digestion, healthy hormone release, digestion, heart functions, etc.
    - Vulnerable to disease; suppression of immune system
  - Exacerbation of existing illnesses: asthma, hypertension, etc.

# Understanding Stress



- **Alarm Stage:** “Fight or Flight”
- Sympathetic nervous system floods the body with stress hormones to prepare for perceived threat/stressor.

## If we experience too much stress, it causes problems such as...

| Physical  | Emotional  | Cognitive   | Behavioral  | Spiritual   |
|---|--|---|---|---|
| <ul style="list-style-type: none"><li>•High blood pressure</li><li>•Headaches, sore neck shoulders, and back</li><li>•Sleep pattern disturbed (not enough sleep or too much sleep)</li><li>•Weight change (Over-eating or no appetite)</li><li>•Chronic fatigue</li></ul> | <ul style="list-style-type: none"><li>•Depression</li><li>•Moodiness</li><li>•Angry outbursts</li><li>•Feeling uncertain / overwhelmed</li><li>•Loss of emotional control</li><li>•Helplessness or hopelessness</li><li>•Suicidal thoughts</li></ul> | <ul style="list-style-type: none"><li>•Poor concentration</li><li>•Forgetfulness and confusion</li><li>•Difficulty making decisions</li><li>•Negative self-talk</li></ul> | <ul style="list-style-type: none"><li>•Loss of interest in work / social activities</li><li>•Increased drinking, smoking, drug use</li><li>•Withdrawal from friends, family</li><li>•Sexual problems</li><li>•Parent-child and marriage conflicts</li></ul> | <ul style="list-style-type: none"><li>•Challenge of faith</li><li>•Emptiness</li><li>•Loss of meaning</li><li>•Doubt</li><li>•Loss of direction</li></ul> |

# Stress vs. Anxiety

- Anxiety is a vital emotion, warning us of possible future risks or problems.
  - Like a smoke alarm – warning you that something significant may be about to happen. But sometimes it becomes too sensitive and is triggered too often.

[http://www.mentalhealthaccesspack.org/install/wp-content/uploads/2018/06/Cards\\_Common-Conditions\\_Anxiety\\_May-2018.pdf](http://www.mentalhealthaccesspack.org/install/wp-content/uploads/2018/06/Cards_Common-Conditions_Anxiety_May-2018.pdf)

# Major Anxiety Disorders

- **Generalized Anxiety Disorder:** persistent worry, restlessness, or tension unrelated to a specific event.
  - These symptoms are intense, persistent and eventually interfere with socialization, job performance, and day-to-day activities.

# Major Anxiety Disorders

- **Panic disorder:** This disorder is characterized by periods of sudden, intense fear that can be accompanied by heart palpitations or pounding, rapid heartbeat, shaking, sweating, difficulty breathing, or experiencing feelings of doom.
- **Symptoms of Panic Disorder**
  - Sudden, repeated bouts of intense fear
  - Feeling powerless or out of control
  - Persistent worry about the “next” attack
  - Avoiding situations where past panic attacks have occurred

# Posttraumatic Stress Disorder (PTSD)

- Follows traumatic event or events such as war, assault or some tragic event
- Symptoms include:
  - nightmares
  - flashbacks
  - sleeplessness
  - easily startled
  - depression
  - irritability

“It is not stress that kills us;  
it is our reaction to it”

--Dr. Hans Selye



Stress has nothing to do with  
how many hours you work



And everything to do with how  
you feel during those hours

# Healthy Lifestyle

- Time management
  - Scheduling tools
  - Boundaries
  - Responsibilities: keep yours and allow others to keep theirs
    - Assertiveness
- Diet-Back to Eden/ Anti-inflammatory diet
  - fruits, vegetables, low-fat, low-sugar, avoid processed foods and toxins
- Exercise- Endorphins fight against unhealthy Cortisol
  - Increased health, resilience to stress
  - Cortisol increases glucose and inhibits insulin = weight gain
- Sleep
  - Going to bed early or napping reduces cortisol by 50%- diff btwn 6 & 8 hrs of sleep

Shoulda, Coulda, Woulda...

Personalisation

Catastrophising

Catastrophising

Overgeneralization

# Unhealthy Thinking

- **Practice Acceptance.** Learn to accept the things that you can't change.
- **Don't take on other's responsibilities.** Think through whether the situation is your problem or the other's. If it is the other's: Is there anything you can do about it? Continue to be responsible for your own behavior.
- **Express your feelings instead of bottling them up.** If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build and the situation will likely remain the same.
- **Be more assertive.** Set boundaries and keep them. Take responsibility for solving your problems and let others take responsibility for their obligations.
- **Reframe problems.** Try to view stressful situations from a more positive perspective. Speak positive things to yourself.
- **Look at the big picture.** Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over?
- **Adjust your standards.** Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with "good enough."
- **Focus on the positive.** Research shows that people can learn to be happier by developing optimism gratitude and altruism.

# Don't Fight Stress...Relax

- Keep Cortisol levels healthy = activate the parasympathetic nervous system, i.e. relax
- Spiritual Health –prayer, devotion, service to others
- Music
- Massage/ Spa services
- Organization
  - Clutter = Stress
    - Overstimulated, always searching

# Relaxation Techniques

- Meditation
  - [Daily Christian Meditation](#)
  - <http://www.thechristianmeditator.com>
- Deep Breathing
  - [Breathing Exercise](#)
- Progressive Muscle Relaxation
  - [Demonstration Video](#)
- Visualization
  - <http://www.innerhealthstudio.com/visualization-relaxation.html>

# Herbal Treatments for Anxiety

- ALWAYS CONSULT YOUR PHYSICIAN FIRST
  - Research the herb and check to see if your doctor has any concerns prior to use.
- <https://newsnetwork.mayoclinic.org/discussion/home-remedies-herbal-treatment-for-anxiety/>
- <https://www.psychiatrictimes.com/film-and-book-reviews/herbal-treatment-major-depression-scientific-basis-and-practical-use>

# When to ask for help- Support

- The issue causes significant distress in your life, disrupting your peace, mood, sleep, etc.
  - Feeling rage, apathy, hopelessness, or withdrawing socially.
- Nothing you've done seems to have helped.
- Your friends (or family) haven't been able to help you through
- You start overusing or abusing something (or someone) to try and help alleviate your symptoms/pain.
- People have noticed and said something to you in love about seeking help

**“Many hands make light work.”**



# Resources

- CDC: <https://www.cdc.gov>
- Emotional Health Education and Resources:
  - [https://itherapy.com/about\\_our\\_counselors/#find-a-counselor-near-you](https://itherapy.com/about_our_counselors/#find-a-counselor-near-you)
  - <https://www.e-counseling.com/>
- Georgia Crisis and Access Line (GCAL) connects you to available services throughout the state: **1-800-715-4225**
- **Dr. LaNiña Mompremier's** Therapy Practice: [www.creatingstayingjoy.com](http://www.creatingstayingjoy.com)
- Find **Dr. LaNiña Mompremier** and other qualified counselors ...
  - Discounted therapy services for **1<sup>st</sup> Responders/Frontline Workers**: <https://www.coronavirusonlinetherapy.com/>
  - Psychotherapy sessions between **\$30 and \$60**: <https://openpathcollective.org/>
- **Lifeline** provides **24/7, free and confidential support** for people in distress, prevention and crisis resources: <https://suicidepreventionlifeline.org/>
- Crisis Text Line: **Text HOME to 741741** to connect with a Crisis Counselor.
  - If Deaf or Hard-of-Hearing: **Text DEAF to 741741** to connect with a Crisis Counselor familiar with the Deaf community.

# Resources

- **National Suicide Prevention Lifeline**: If you or someone you know is in a crisis, get help immediately. You can call 911 or the National Suicide Prevention Line at **1-800-273-TALK (8255)**. The lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By calling the hotline number, you'll be connected to a skilled, trained counselor at a crisis center in your area 24/7.
- **International Foundation for Research and Education on Depression**  
<http://www.ifred.org/>
- **National Institute of Mental Health**  
Phone Number: 301-443-4513  
Toll Free Number: 1-866-615-6464  
Fax Number: 301-443-4279  
Email Address: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)  
Website URL: [www.nimh.nih.gov](http://www.nimh.nih.gov)

# References

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- Yutane Health Group: *8 Surprising Ways to Reduce Stress Hormones*. Retrieved from <http://yutane.com/8-surprising-ways-to-reduce-stress-hormone-levels/>
- Chadron State College. *Strive Learning Center: Ten Commandments for Managing Stress*. <http://www.csc.edu/learningcenter/study/managingstress.csc>
- [http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)
- <http://stress.about.com/od/selfknowledgeselftests/a/lifestylequiz.htm>
- <http://www.todaysdietitian.com/newarchives/11609p38.shtml>
- [http://www.mentalhealthaccesspack.org/install/wp-content/uploads/2018/06/Cards Bible Medication-and-faith May-2018.pdf](http://www.mentalhealthaccesspack.org/install/wp-content/uploads/2018/06/Cards_Bible_Medication-and-faith_May-2018.pdf)

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