



UNDERSTANDING AND COPING WITH DEPRESSION

MARCH 31, 2018

AGENDA

1 What is depression

2 Causes of depression

3 Treatment options

4 Building a tool-kit for emotional wellbeing

The background of the slide is a misty, foggy forest with bare trees. A blue horizontal bar is positioned in the upper left, and a large white rectangular box is centered on the right side. The text is white on the blue bar and dark blue on the white box.

PART ONE

WHAT IS DEPRESSION

WHAT IS DEPRESSION?

- A mental illness whose symptoms are feelings of severe sadness, despondency and dejection. It can decrease a person's ability to function at work and at home.
- It is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.

TYPES OF DEPRESSION?

- Major Depressive Disorder
- “Seasonal Depression”
- Postpartum Depression
- Bereavement

WHAT IS DEPRESSION?

- The most common form is major depressive disorder.
- A fairly lengthy period of time (at least two weeks) during which a person feels sad or hopeless or lacks focus in life, on a daily or almost daily basis, for the most part of each day. Many other symptoms which affect emotional, social, professional and iother significant areas of life

How common?

- About 1 in 10 Canadians will experience an episode of major depressive disorder during their lifetime

SYMPTOMS OF DEPRESSION

Emotional symptoms

Feelings

Sad, overwhelmed

Guilty, irritable

frustrated

lacking in confidence, unhappy

Indecisive, disappointed

Miserable

SYMPTOMS OF DEPRESSION

Physical

tired all the time

sick and run down

headaches and muscle pains

churning gut

sleep problems

loss or change of appetite

significant weight loss or gain

SYMPTOMS OF DEPRESSION

Behaviour

not going out anymore

not getting things done at work/school

withdrawing from close family and friends

relying on sedatives or drugs

not doing usual enjoyable activities

unable to concentrate

SYMPTOMS OF DEPRESSION

Cognitive Symptoms

“I just can’t make up my mind...I can’t make decisions.”

“I’m finding it really hard to concentrate.”

“I feel like I keep forgetting things.”

“I feel like I’m thinking in slow motion.”

“I feel I’m not as good at my job.”

SYMPTOMS OF DEPRESSION

Thoughts

'I'm a failure.'

'It's my fault.'

'Nothing good ever happens to me.'

'I'm worthless.'

'Life's not worth living.'

'People would be better off without me.'

MORE WOMEN THAN MEN

- Caring for or supporting others
- Relationship breakdown
- Violence or abuse
- Discrimination based on sexuality or gender identity
- Infertility and perinatal loss
- Pregnancy, having a baby and becoming a mother
- Menopause

WHAT CAUSES DEPRESSION?

- Biological factors
- Psychological factors
- Environmental factors
- Burying emotions
- Abuse or trauma
- Poverty
- Substance abuse

- <http://depressionhurts.ca/en/about/>

WHAT CAUSES DEPRESSION?

- Lifestyle
 - Food
 - Exercise /lack of
- Technology
 - Screens
 - News



PART TWO

TREATMENT OPTIONS

Psychological Interventions

- CBT
- MBCT
- Behaviour therapy
- Interpersonal Therapy

Medical Interventions

- Anti-depressant medication

Complimentary and lifestyle Interventions

- Light therapy
- Bibliotherapy with a professional

Self Help



PART TREE

OVERCOMING DEPRESSION

SELF CARE – THE FUNDAMENTALS



EAT

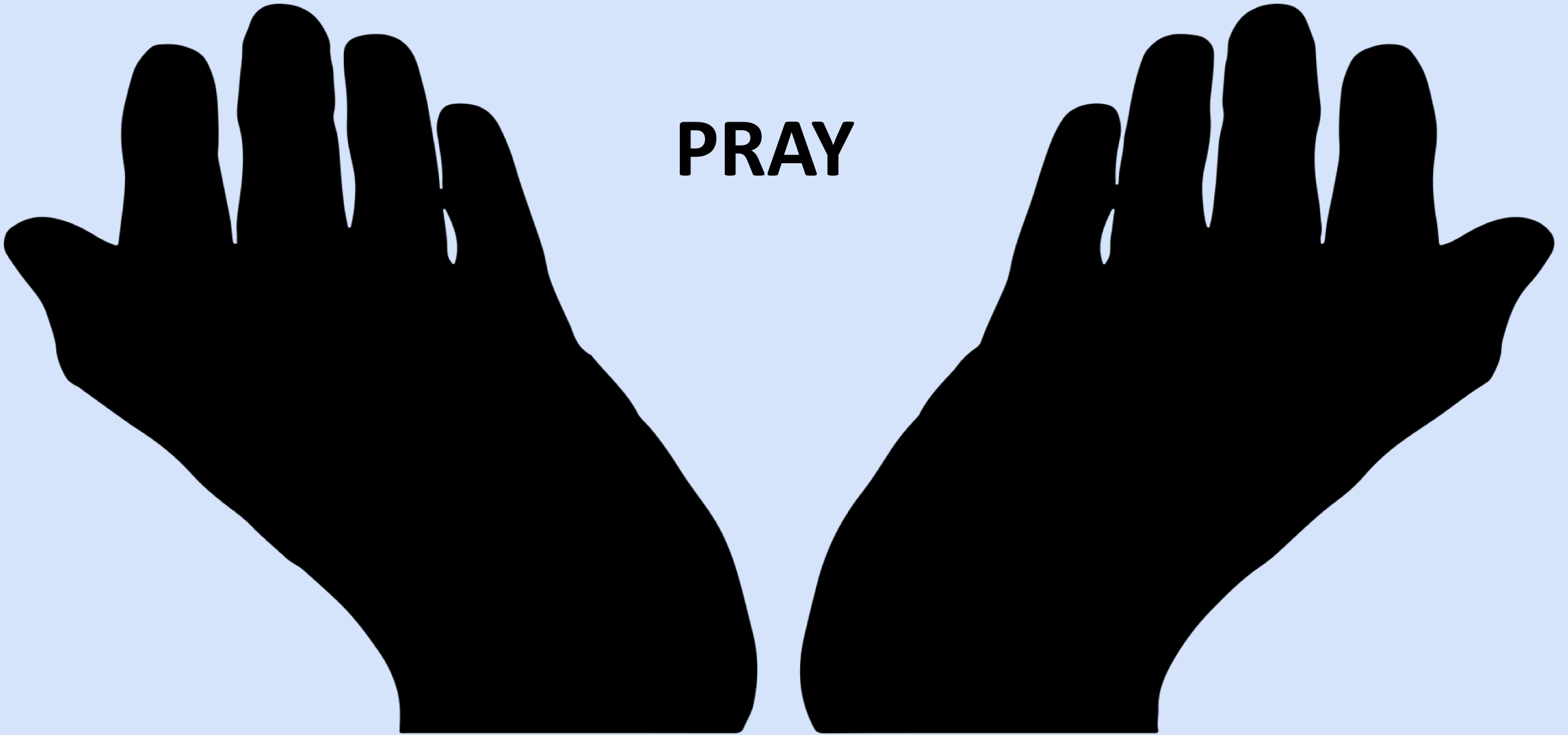
SELF CARE – THE FUNDAMENTALS

MOVE



SELF CARE – THE FUNDAMENTALS

PRAY



SELF CARE – THE FUNDAMENTALS

SLEEP



SELF CARE – THE FUNDAMENTALS

A photograph of three young women from behind, standing on a grassy hill and looking out over a lush green landscape. The woman on the left is wearing a dark blue patterned top and a watch. The woman in the middle is wearing an orange and white striped top. The woman on the right is wearing a dark blue long-sleeved shirt and a ponytail. They are all hugging each other. The word "CONNECT" is overlaid in the center of the image.

CONNECT



PART FOUR

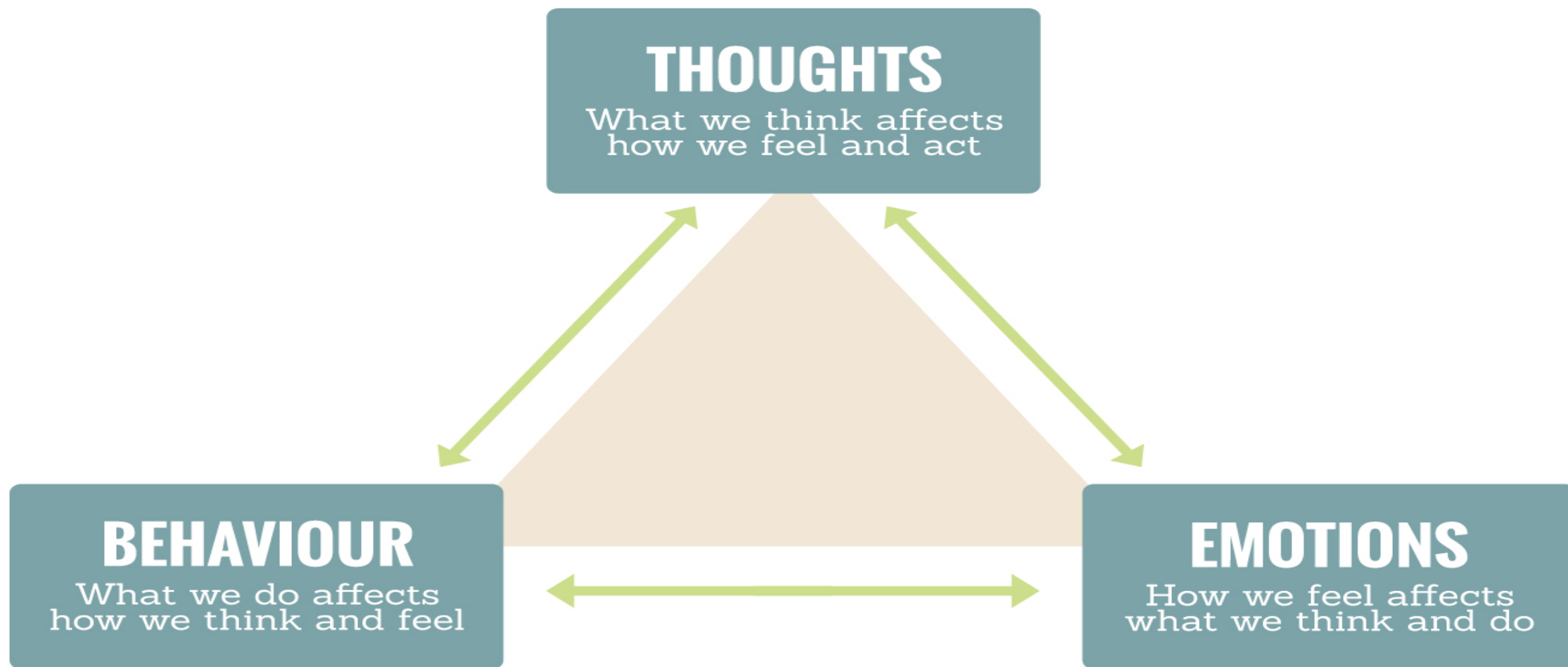
TOWARDS EMOTIONAL WELLBEING

SIMPLE PRACTICES FOR EMOTIONAL WELLBEING

- Watch your thoughts



UNDERSTANDING THOUGHTS, BEHAVIOURS AND FEELINGS



SIMPLE PRACTICES FOR EMOTIONAL WELLBEING

- Allow and label emotions
- Practice emo-diversity

SIMPLE PRACTICES FOR EMOTIONAL WELLBEING

- Practicing gratitude

SIMPLE PRACTICES FOR EMOTIONAL WELLBEING

- Service and volunteering

SIMPLE PRACTICES FOR EMOTIONAL WELLBEING

- Setting goals and achieving them

SIMPLE PRACTICES FOR EMOTIONAL WELLBEING

- Meditation

GROUP

DISCUSSION

What are the main takeaways from today?
What will you do differently?



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