

#TOOLS4RESILIENCE

Virtual Education Series

Celebrating **Mental Health Awareness Month 2022**

Dealing with Depression: From Darkness into the light

Presented by: Cynthia J. Petersen



North Country
Community Mental Health

Dealing with Depression: From Darkness into the Light

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History of People Dealing with Depression



- The World Health Organization reports that globally, more than 264 million people of all ages live with depression. Many famous people have dealt with depression and manic depression throughout history. Depression can occur for men, women, children and crosses all races, ethnic and social economic groups of people.

The Pain of Depression

Famous Persons with Mental Illness

- John Hendrix**
bipolar
- Winston Churchill**
bipolar
- Princess Diana**
Eating disorder
- John Keats**
bipolar
- Elton John**
Bulimia nervosa
- Barly Simon**
social phobia
- Boris Yeltsin**
depression
- Cole Porter**
depression
- Tipper Gore**
depression
- Vaslav Nijinsky**
schizophrenia
- Richard Dreyfuss**
depression
- Tennessee Williams**
depression
- Kurt Cobain**
*bipolar
adhd*
- Charles Schultz**
depression
- Dick Clark**
depression
- Edgar Allan Poe**
depression
- F. Scott Fitzgerald**
depression
- Ludwig van Beethoven**
bipolar
- Virginia Woolf**
bipolar
- Leo Tolstoy**
*Depression
hypochondriasis*
- Charles Dickens**
depression
- Kitty Dukakis**
bipolar
- Sarah McEachlan**
depression
- James Taylor**
*depression
bipolar*
- Patty Duke**
bipolar
- Ted Turner**
bipolar
- Sigmund Freud**
depression
- Abraham Lincoln**
depression
- Harrison Ford**
depression
- Courtney Love**
depression
- Francis Ford Coppola**
bipolar
- Jim Carrey**
depression
- Sylvia Plath**
depression
- Ernest Hemingway**
depression
- Audrey Hepburn**
depression
- Kim Basinger**
panic disorder
- Winona Ryder**
depression
- Drew Carey**
depression
- James Garner**
depression
- Drew Barrymore**
depression
- Vincent Van Gogh**
bipolar
- Ray Charles**
depression
- George Fredrick Handel**
bipolar
- Marilyn Monroe**
bipolar
- Ernest Hemingway**
depression
- Theodore Roosevelt**
bipolar
- Isaac Newton**
bipolar
- Anthony Hopkins**
depression
- John Nash**
schizophrenia
- Natalie Cole**
depression
- Irving Berlin**
depression
- Paula Abdul**
bulimia nervosa
- Janet Jackson**
depression
- Axl Rose**
bipolar
- Eric Clapton**
depression
- Barbara Streisand**
social phobia
- Charles Darwin**
panic disorder
- Sheryl Crow**
depression

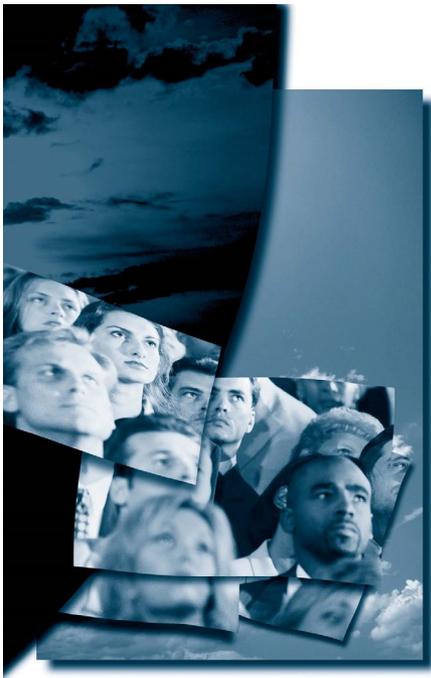


Mental illness is a term that refers collectively to all diagnosable mental disorders.

- Mental disorders are health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof), that are all mediated by the brain, and associated with distress and/or impaired functioning.
- Some examples of mental illnesses include depression, anxiety disorders, schizophrenia



Mental illness does not discriminate.



Mental illness affects 1 in 5 Americans.

- **These disorders can occur in men, women and children of any age and in all races, ethnic and socioeconomic groups.**
- **They can be the result of family history, genetics, or other biological, environmental, social, or behavioral factors that occur alone or in combination.**

What is a Mental Disorder?

A mental disorder or mental illness is a diagnosable illness that:

- **Affects a person's thinking, emotional state and behavior**
- **Disrupts the person's ability to:**
 - **Work**
 - **Carry out daily activities**
 - **Engage in satisfying relationships**



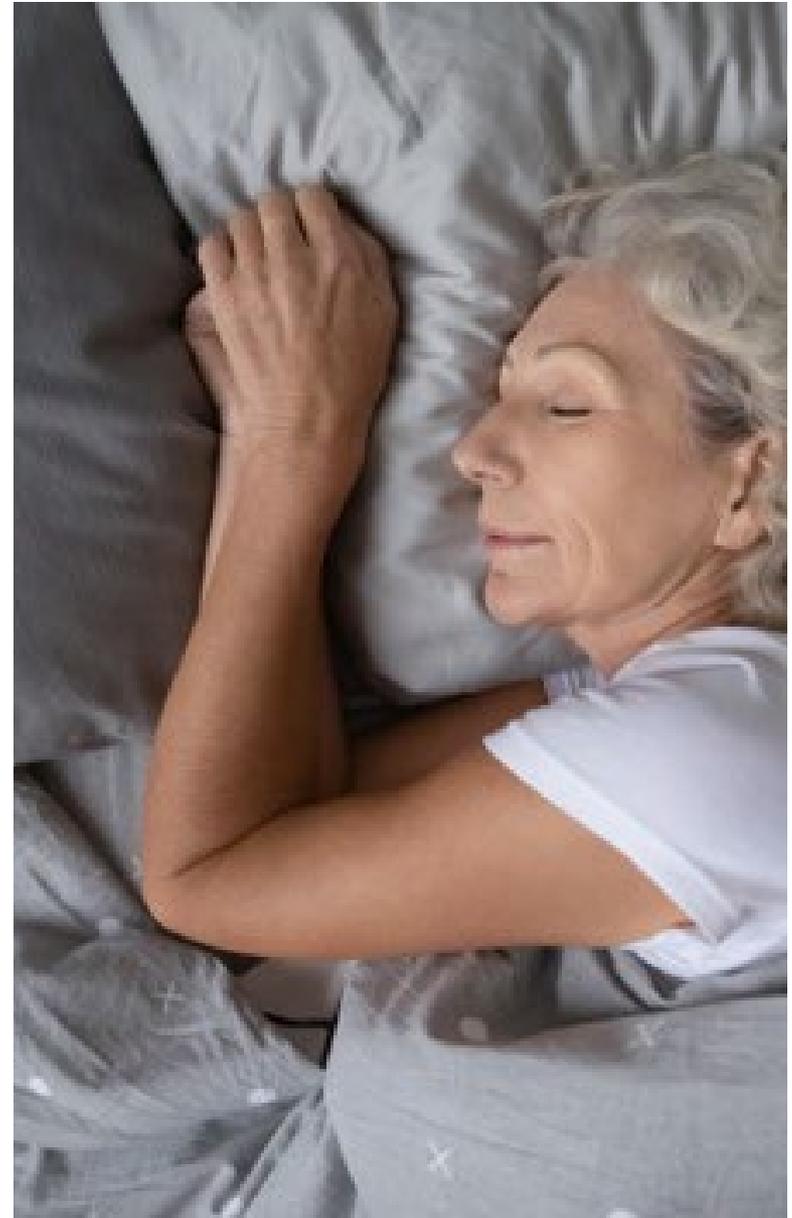


Depression

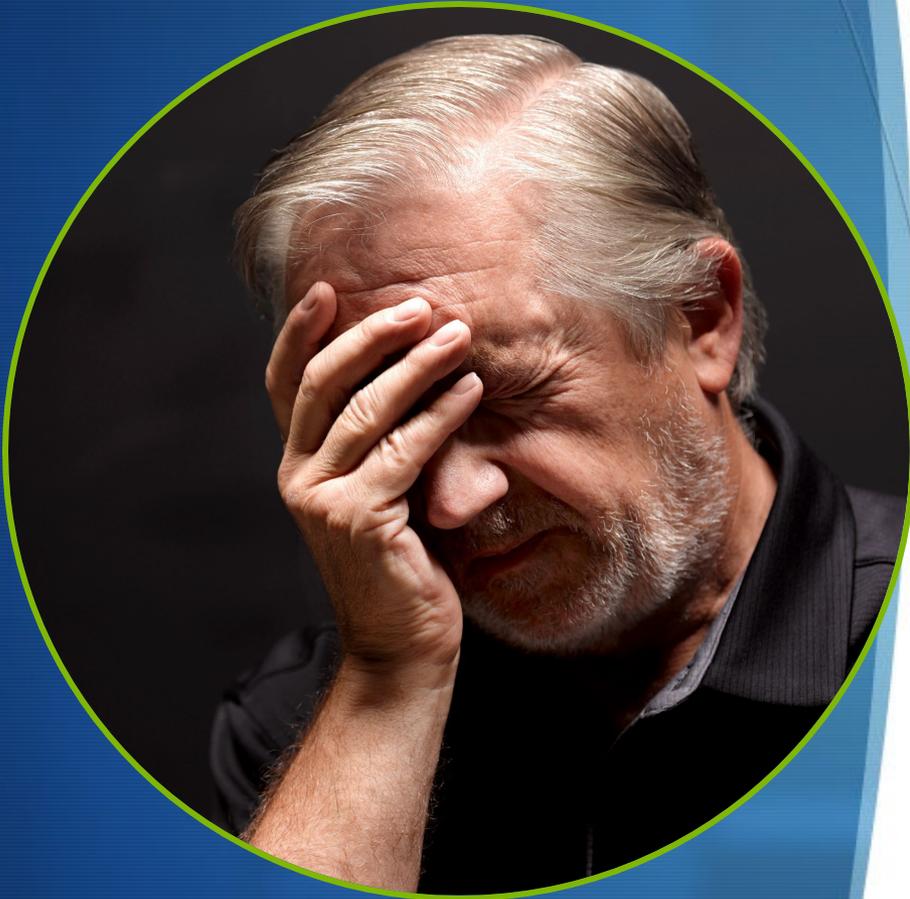
- Depression is among the most common, treatable mental illnesses
- Can have similar signs and symptoms to anxiety
- Can frequently co-occur
- Major depressive disorder lasts for at least two weeks and affects a person's emotions, thinking, behavior and physical well-being
- Ability to work and have satisfying relationships

Physical Signs of Depression

- Fatigue
- Lack of Energy
- Sleeping too much or too little
- Overeating or loss of appetite
- Constipation
- Weight Loss or Gain
- Headaches
- Irregular menstrual cycle
- Loss of sexual desire
- Unexplained aches and pains



Behavioral Signs of Depression



- Crying spells
- Withdrawal from others
- Neglect of responsibilities
- Loss of interest in personal appearance
- Loss of motivation
- Slow Movement
- Use of drugs and alcohol

Psychological Signs of Depression

- **Sadness**
- **Anxiety**
- **Mood Swings**
- **Lack of Emotional Responsiveness**
- **Feelings of Helplessness**
- **Feelings of Hopelessness**

Recognizing Emotion Patterns Video

- Let's look at a video from myStrength which examines how you can get caught up in strong emotions. By recognizing emotion patterns, we can make better choices, adjust how to act, treat other people and respond to challenges.

The emotion cycle

Depression: Signs and Symptoms

- Irritability
- Frequent Self-Criticism
- Self-Blame
- Pessimism
- Impaired Memory and Concentration
- Indecisiveness and Confusion
- Tendency to believe others see one in a negative light
- Thoughts of death and suicide

Risk Factors for Depression

- **Distressing and uncontrollable event**
- **Stressful or traumatic events**
- **Difficult childhood; history of childhood anxiety**
- **Ongoing stress and anxiety**
- **Another mental illness**
- **Previous episode of depression and anxiety**
- **Family history**
- **More sensitive emotional nature**

Risk Factors for Depression

- Illness that is life threatening, chronic, or associated with pain
- Medical conditions
- Side effects of medication
- Recent childbirth
- Premenstrual changes in hormone levels
- Lack of exposure to bright light in winter (SAD)

Pressing down

What is Bipolar Depression?

- **Bipolar depression (also previously known as manic depressive disorder) is a serious mental disorder that causes unusual shifts in a person's mood, energy, and ability to function.**
- **Bipolar depression involves severe mood swings from overly "high" or irritable to overly sad, hopeless, and then back again, with periods of normal mood in between. The "high" periods are called episodes of mania and the "low" periods are called episodes of depression.**

Bipolar Disorder

- The “low” phase is like, and can be confused with, major depression, and involves feelings of sadness, hopelessness and helplessness.
- The “high” phase is often a pleasurable, euphoric and productive state, but can result in dangerous lapses of judgement and/or impulsive and destructive behavior.

Types of Bipolar Depression

- Type I involves extreme upswings in mood coupled with occasional downward spirals.
- Type II involves more mild upswings (hypomania) but more frequent and intense depressive phases.
- Some people may experience a “mixed phase” in which they feel both excited and depressed at the same time.

Emotions and Depression

What does Northern Lakes Community Mental Health Authority do?

- We cultivate hope. The hope that someone has when taking their first small step toward recovering from a mental illness.

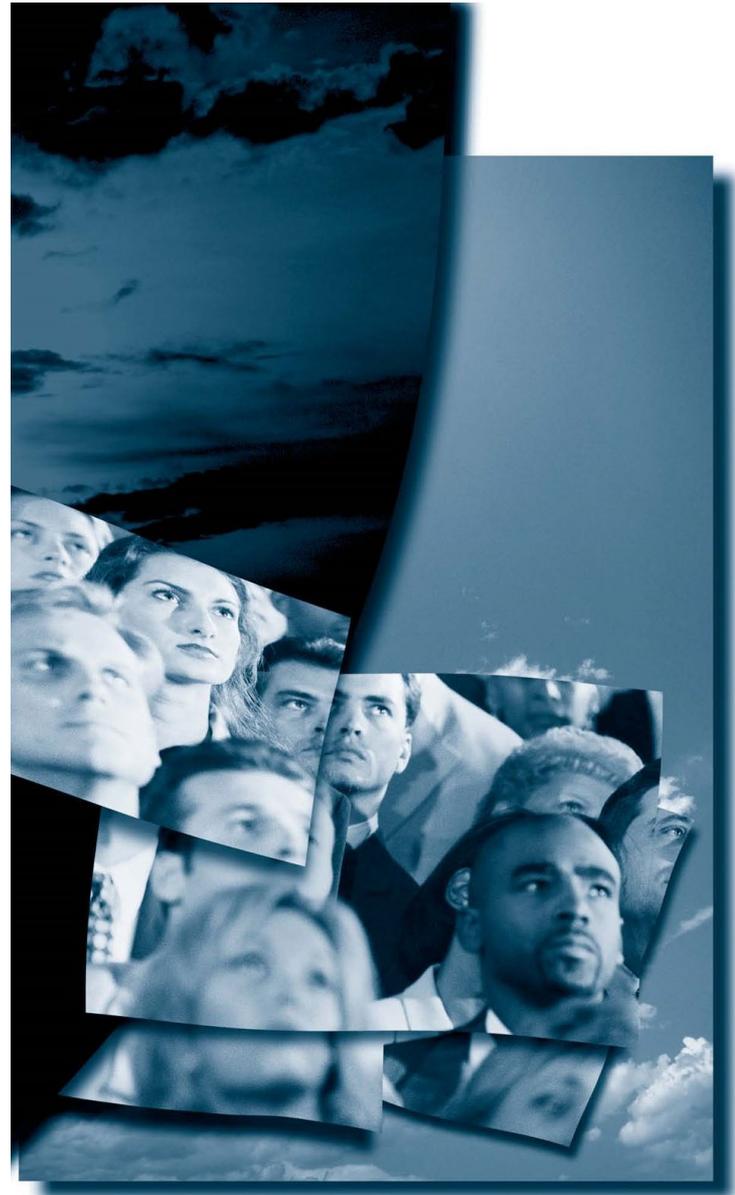
We nurture dreams – the dream of taking steps toward becoming gainfully employed or living independently.

Simply put, what CMH does is grow human potential.



What is Changing?

Recovery –
the expectation for
people with mental
health challenges



Northern Lakes Community Mental Health Authority

Definition of Recovery (created by our Recovery Council)

Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life.

We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination.



What needs to change?

Person-First Language



Words are powerful!

I struggle daily with self-acceptance, trying to see myself as bright, pretty and kind. Often I see the opposite – dumb, ugly and mean. The energy that I spend trying to feel “normal” is huge, but it is what I want more than anything in the world – to be mentally and emotionally stable.



Person-First Language is Respectful



- It's a way of showing the focus is on the person, not their disability. For example, use “person with schizophrenia” instead of “a schizophrenic.”
- Person-First Language also emphasizes the ability, rather than disability. For example, it is correct to say that a person “uses a wheelchair,” but not “is wheelchair-bound.”
- Person-First Language helps to reduce the stigma attached to disability.

Trying New Experiences Video

- Our daily activities have a big impact on our moods. Take small steps towards bringing back a sense of meaning and joy.

Trying New Experiences

How to Ground Yourself

The Breathing Exercise

Close your eyes and sit comfortably...

Let your whole body relax, from the top of your head all the way down to your feet...

Take a deep breath in, inhale through your nose, and into your stomach...

Breathe out through your mouth...

Again, breathe in through your nose, and into your stomach...

Breathe out through your mouth...

Now take a deep breath in, while counting to 4 in your mind (inhale while counting 1,2,3,4)...

Breathe out, to another count of four (exhale while counting 1,2,3,4)...

Repeat 4-6 times

Progressive Muscle Relaxation



- Reduces stress and anxiety in the body by having one slowly tense and then relax each muscle.
- Can provide immediate feelings of relaxation, but it is best to practice frequently
- With experience you will become more aware of when you are experiencing tension and you will have the skills to relax

What is Mindfulness?



The basic human ability to be fully present, aware of where we are and what we're doing.



Not being overly reactive or overwhelmed by what is going on around us.



Can be practiced by utilizing meditation, taking short pauses in our everyday life, or merging meditation practice with other activities such as yoga or sports.



Awareness: You will notice thoughts, feelings, and physical sensations as they happen. The goal is to simply become aware.



Acceptance: The thoughts, feelings, and sensations that you notice should not be observed in a judgmental manner. No need to judge or change the feeling.

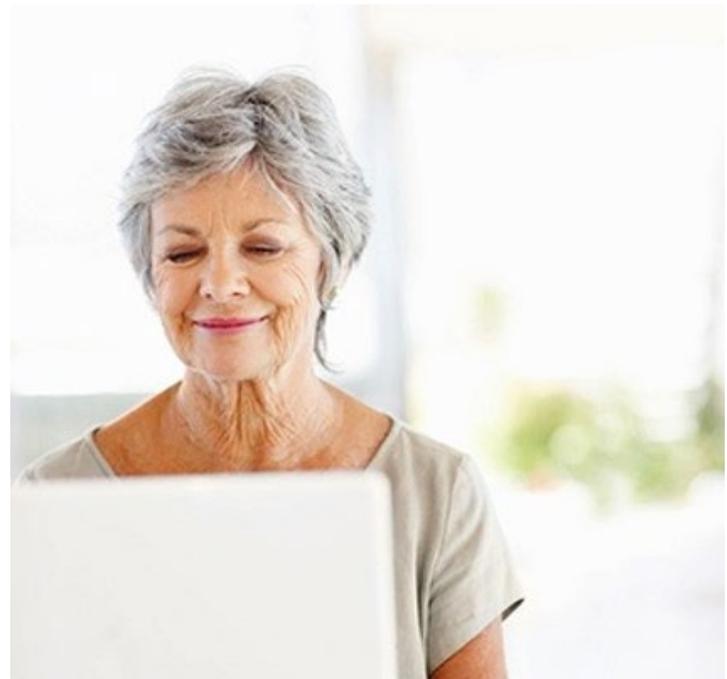
myStrength proven for health and wellness

Use myStrength on any device to support your health and wellness and as your own personal prevention tool.

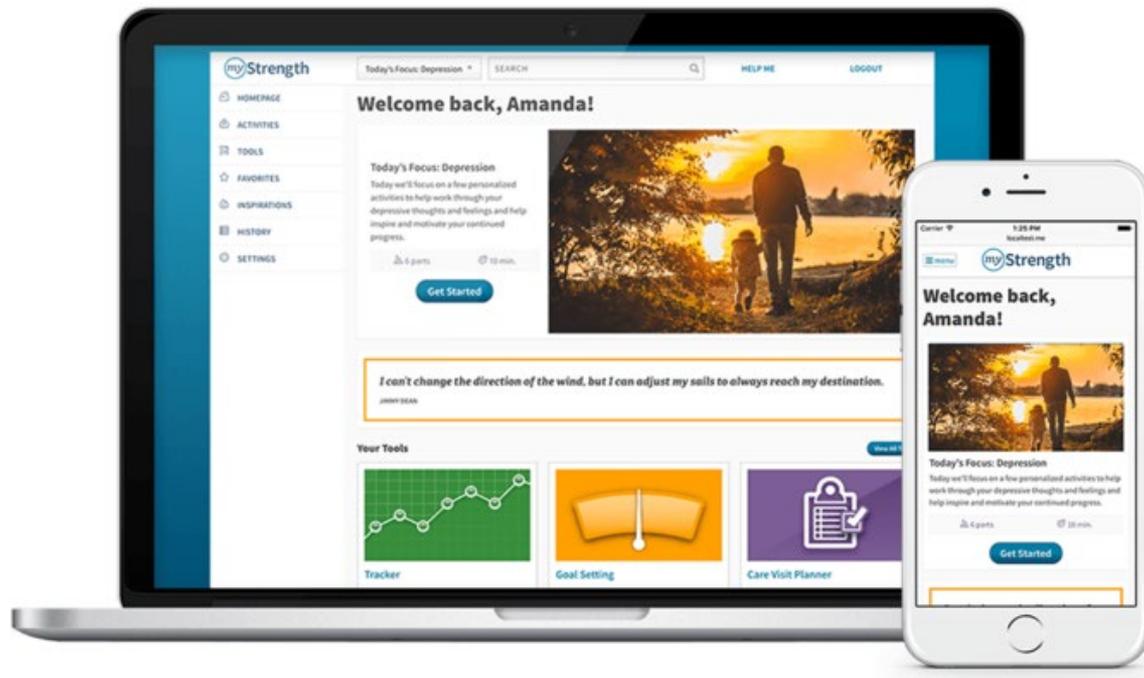
Download the app or go to myStrength.com

It is FREE for anyone with the code:

NLCMHcommunity



myStrength is Evidence-based Self-Help Resources



How Do myStrength Programs Help?

There are Guided programs and videos on:

- **Managing Depression**
- **Controlling Anxiety**
- **Drug or Alcohol Recovery**
- **Managing Chronic Pain**
- **Reducing Stress**
- **Decreasing tobacco use**
- **Early Parenting**



Need Primary Health Care?

Northern Lakes Integrated Health Clinic offers primary health care to improve your health, wellness and quality of life.

Northern Lakes Integrated Health Clinic is open to all and is accepting new patients, regardless of insurance, including Medicaid.

Call 231-935-3062
for an appointment!



Northern Lakes Integrated Health CliniPhysical Health + Mental Health = Maximum Health!

Physical Health Services

- Primary Care
- Includes management of chronic conditions such as diabetes, high blood pressure, heart disease
- Coordination of care and help with referrals to specialists
- CLIA certified lab
- Four days in Traverse City, one day in Grayling

Mental Health Services

- Outpatient therapy for people who do not meet criteria for NLCMHA mental health services
- Brief mental health and substance use disorder assessments for each new patient, with additional periodic evaluations
- Brief interventions when acute need is identified

Call 231-935-3062 for an appointment



Services for everyone

Crisis services 24/7

- • Information and referral
- • Community education, Mental Health First Aid
- • myStrength wellness app
- • Drop-in Centers



Positive Self Statements

- Each and every day of my life brings new opportunities for fulfillment and happiness.
- I am at peace with the world around me.
- I am a positive and successful winner.
- I have a good sense of humor and can laugh at myself.
- There is much more harmony in my life each day.

Positive Self -Statements

- I have inner strength and confidence.
- I have a spontaneous warmth and giving attitude toward those around me.
- I am fulfilled with my accomplishments. I am optimistic and filled with enthusiasm.
- This wonderful day brings great enjoyment.

Questions?

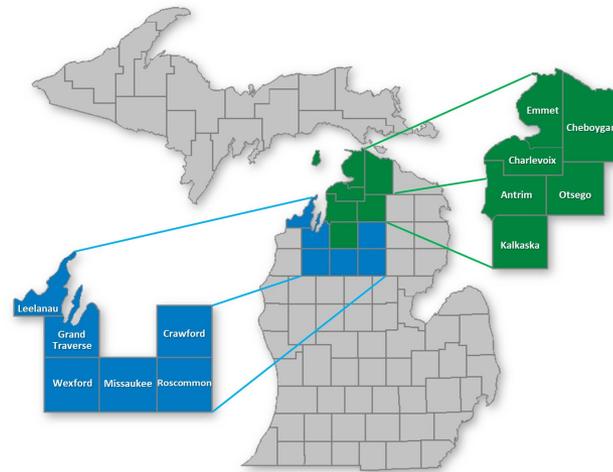




Free for our communities!



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Community Mental Health

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Any Questions?