

STRESS, ANXIETY, AND DEPRESSION

CHAPTER 8.3 AND 8.4

ANXIETY

- **ANXIETY** = the condition of feeling uneasy or worried about what may happen
 - Feelings of fear or dread
 - Perspiration, trembling, restlessness, muscle tension, tight chest
 - Rapid heart rate, light headedness, or shortness of breath, choking sensation, numbness

ANXIETY FACTS

- One of the most common mental health problems
 - ADAM (Anxiety Disorders Association of Manitoba)
- 8-10% of teens suffer from an anxiety disorder (dosomething.org)
 - That's 2 in 25
- Most common mental illness in the U.S.
- Only 1 in 5 teens receive treatment or therapy
 - 2/3 of adults receive no treatment or therapy
- Women are more likely to suffer from anxiety than men
- More likely to suffer depression simultaneously

MENTAL DISORDERS

- **MENTAL DISORDER** = an illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing him/her from leading a happy, healthful, and productive life
 - 20% of the US population suffers from a mental disorder
 - 54 million people
 - 20% of children and adolescents who suffer from mental health disorders only 1/3 get the help they need

DIFFERENT TYPES OF ANXIETY

- **Generalized Anxiety Disorder**
 - Can be brought on by different things (separation, school)
- **Panic disorder**
- **Specific phobias**
- **Social Anxiety Disorder**
 - Feeling uneasy or extremely shy in certain social circumstances
- **Obsessive Compulsive Disorder**
 - Manias – Pyromania – compulsion to start fires, trichotillomania – pulling of eyelashes, eyebrows, hair
- **Post Traumatic Stress Disorder**
 - A condition that may develop after exposure to a terrifying event that threatened or caused physical harm.

ANXIETY TREATMENT

- **Physical activity**
- **Support from family and friends**
- **Counselor**
- **Talk therapy – Cognitive behavior therapy**
 - Therapist teaches new ways to think and act in situations that bring on anxiety
 - Relaxation/Breathing techniques
- **Sometimes medicine can be prescribed**

DEPRESSION

- **MOOD DISORDER** = an illness, often with an organic cause that involves mood extremes that interfere with everyday life.
- **DEPRESSION** = a prolonged feeling of helplessness, hopelessness, and sadness.
- **2 types of depression**
 - **Reactive Depression** = a response to a stressful event.
 - Must learn to manage your response to the event
 - **Major depression** = a medical condition requiring treatment.
 - Lasts much longer than reactive depression

DEPRESSION

- **MAJOR DEPRESSION**
 - **Clinical depression** – comes from a chemical imbalance that a person cannot overcome without professional help
 - **Bipolar disorder** – manic depressive – extreme mood swings, energy levels, and behavior
 - Highs and lows – move rapidly between the two

DEPRESSION SYMPTOMS

- Change in attitude and behavior
- Feeling hopeless, worthless
- Lost of interest, low self-esteem
- Extreme sensitivity to failure
- Trouble thinking, concentrating
- Tiredness, loss of energy
- Insomnia
- Social isolation
- Self-Harm

OTHER DISORDERS

- **Eating disorder**
 - Binge eating, anorexia, bulimia
- **Conduct disorder**
 - Pattern of behavior in which the rights of others or basic social rules are violated. –stealing, aggression, violence
- **Schizophrenia**
 - A person loses contact with reality – Delusions, hallucinations, thought disorders.
 - Have the trouble distinguishing between real and imaginary.
 - Only affects 1% of the population

OTHER DISORDERS

- **Personality Disorder**
 - Think and behave in ways that make it difficult for them to get along with others. Constant conflict with others.
 - 10 % of population has one of the several types.
 - Antisocial personality disorder
 - Borderline personality disorder
 - Passive-Aggressive Personality disorder

GETTING HELP - KNOW WHEN

- Feel trapped with no way out
- Affecting school, work, sleep, eating pattern
- Family and friends are concerned
- Becoming involved in alcohol or other drugs
- Drop in grades
- Increasingly aggressive, violent, or reckless

SEEKING HELP

- Seeking help does not mean you are weak.
- People with mental disorders most time cannot get better on their own
- Sharing with a stranger is not painful or embarrassing, most people find relief.

THERAPY METHODS

- Psychotherapy – an ongoing dialogue between a patient and a mental health professional
- Behavior Therapy – changing unwanted behaviors through rewards and reinforcements
- Cognitive Therapy – designed to identify and correct distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-defeating, or self – destructive
- Group Therapy – treating a group of people who have a similar problem who regularly meet with a trained counselor
- Biomedical Therapy – use of certain medications to treat or reduce the symptoms of a mental disorder

- If you or someone you know is depressed, inflicting self harm, or thinking about harming themselves please seek help.
- 1-800-273-8255 suicide prevention hotline