

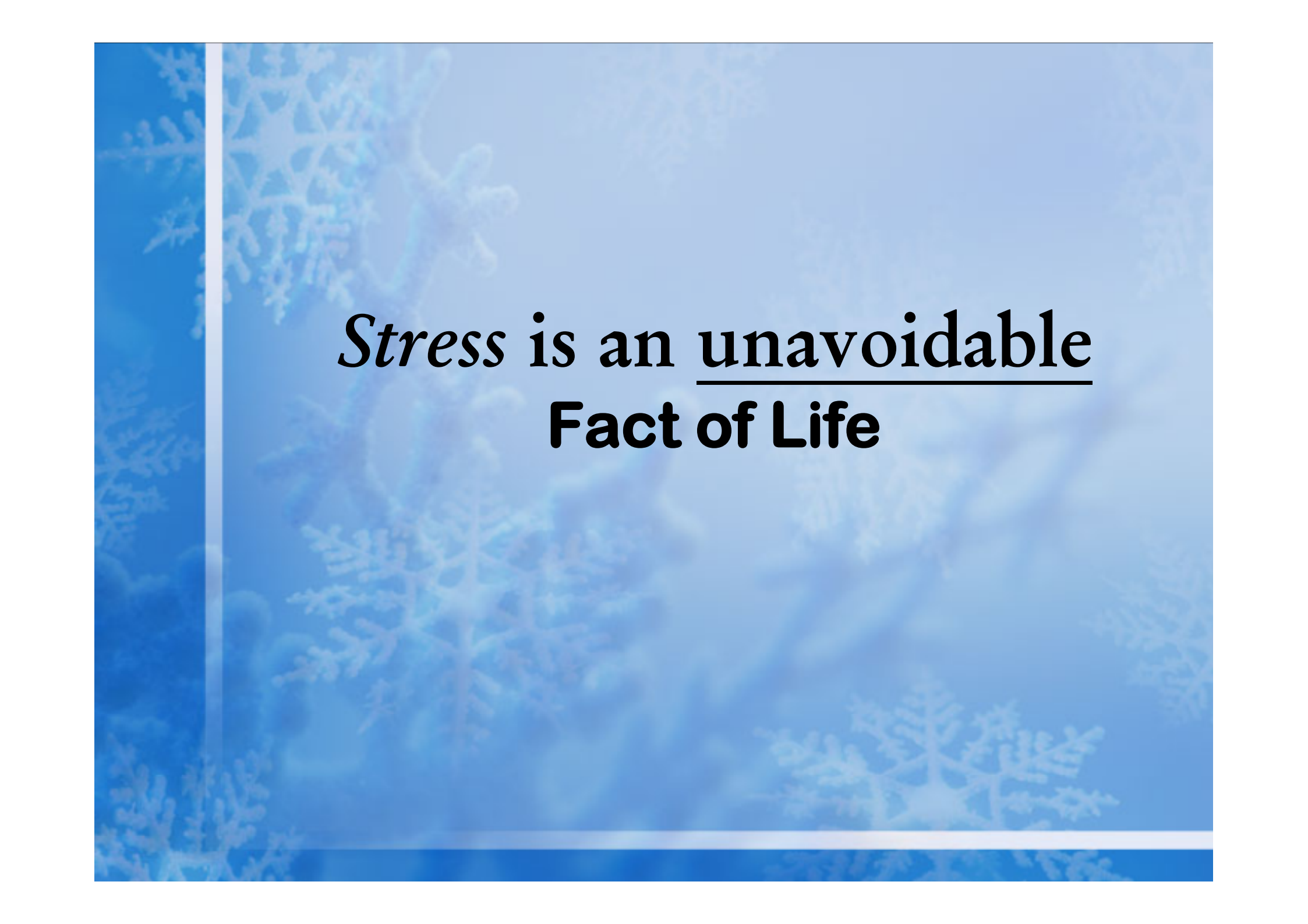


**The More We Know About...**

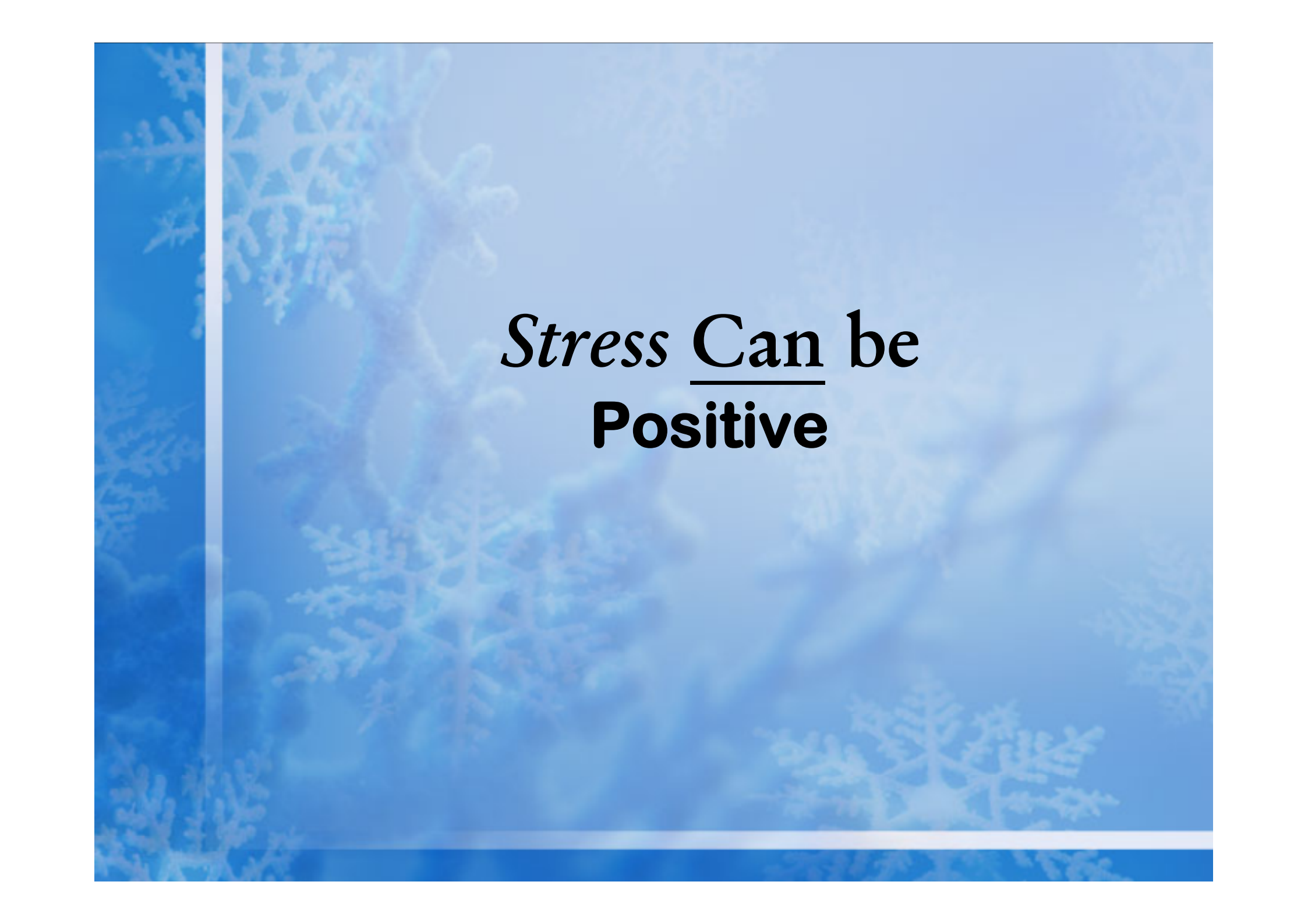
**Managing Stress**

# What is *Stress*

It's Pressure from outside  
that can make you feel  
Tense inside.



*Stress* is an unavoidable  
**Fact of Life**



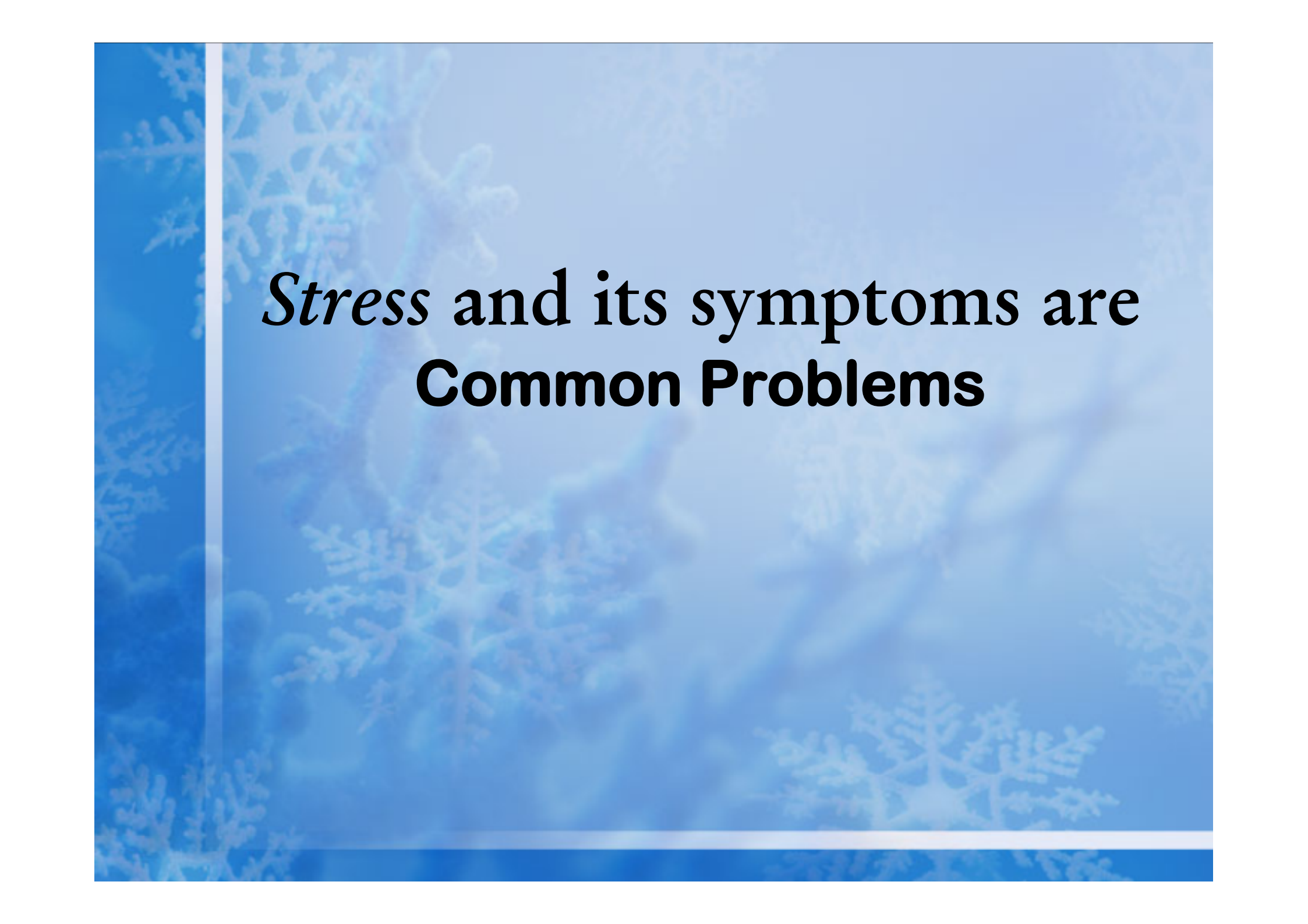
*Stress Can be*  
**Positive**

*Stress -*

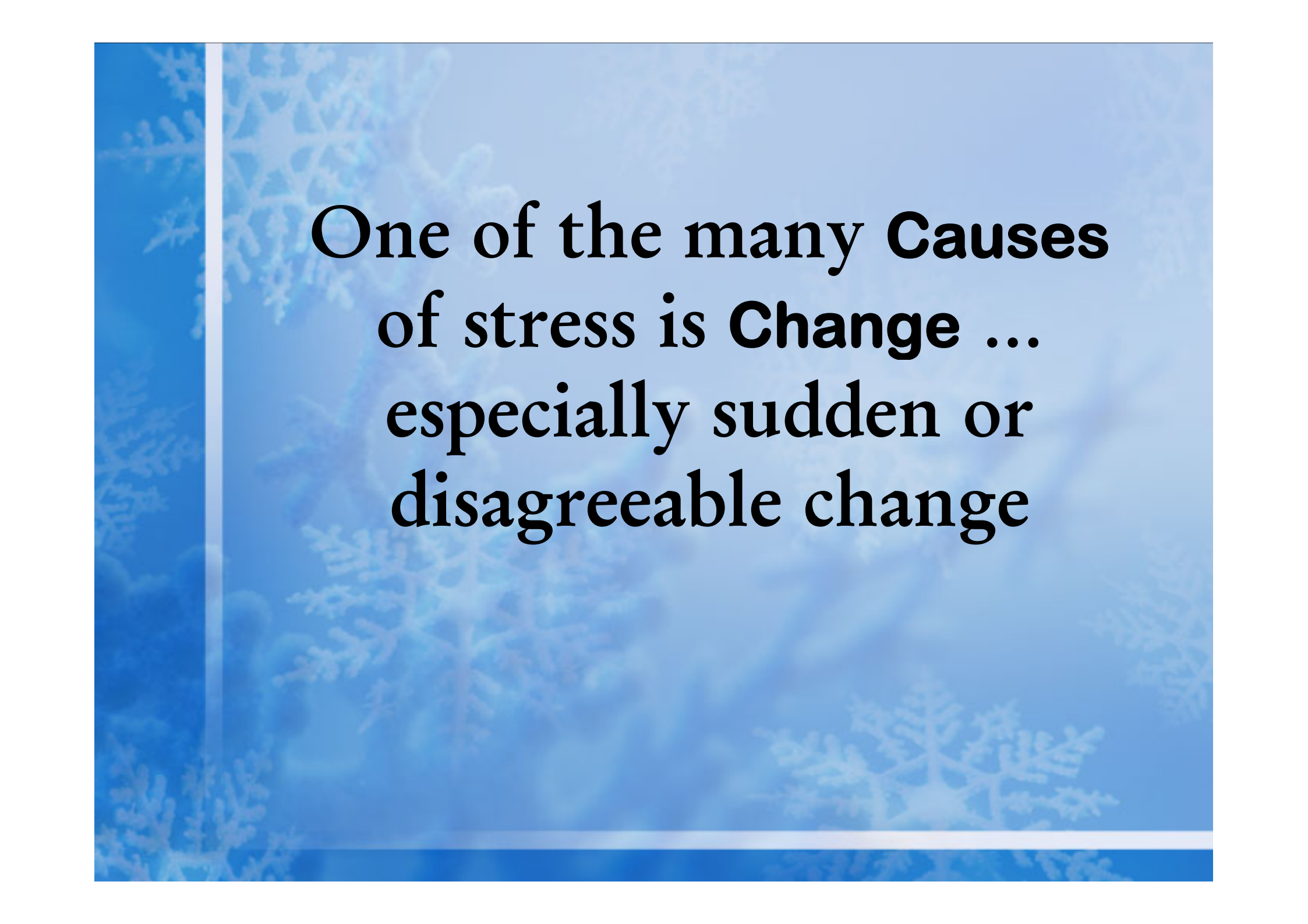
**How you handle it -**

**Affects your Health**

**and Happiness**



*Stress* and its symptoms are  
**Common Problems**



**One of the many Causes  
of stress is Change ...  
especially sudden or  
disagreeable change**

## Examples of *Stress*

- Personal Loss
- Illness/Injury
- Change in Life-Style
- Job Changes
- Money Problems
- Family Changes
- Retirement

# Some Ailments Linked to *Stress*

- Allergies
- Arthritis
- Asthma
- Pain—Neck,  
Shoulder-Back
- Colds & Flu
- Depression
- Diarrhea
- Headaches
- Heart Problems
- Insomnia
- Peptic Ulcers
- Skin Problems
- Stomach Problems
- Sexual Dysfunction

# Managing *Stress* – with less **Distress**

- Take care of yourself
- Maintain healthy relationships
- Identify your stressors
- Get organized
- Create balance in your life
- Laugh – it's good for you



Excess stress can result in  
**Anxiety or Depression**

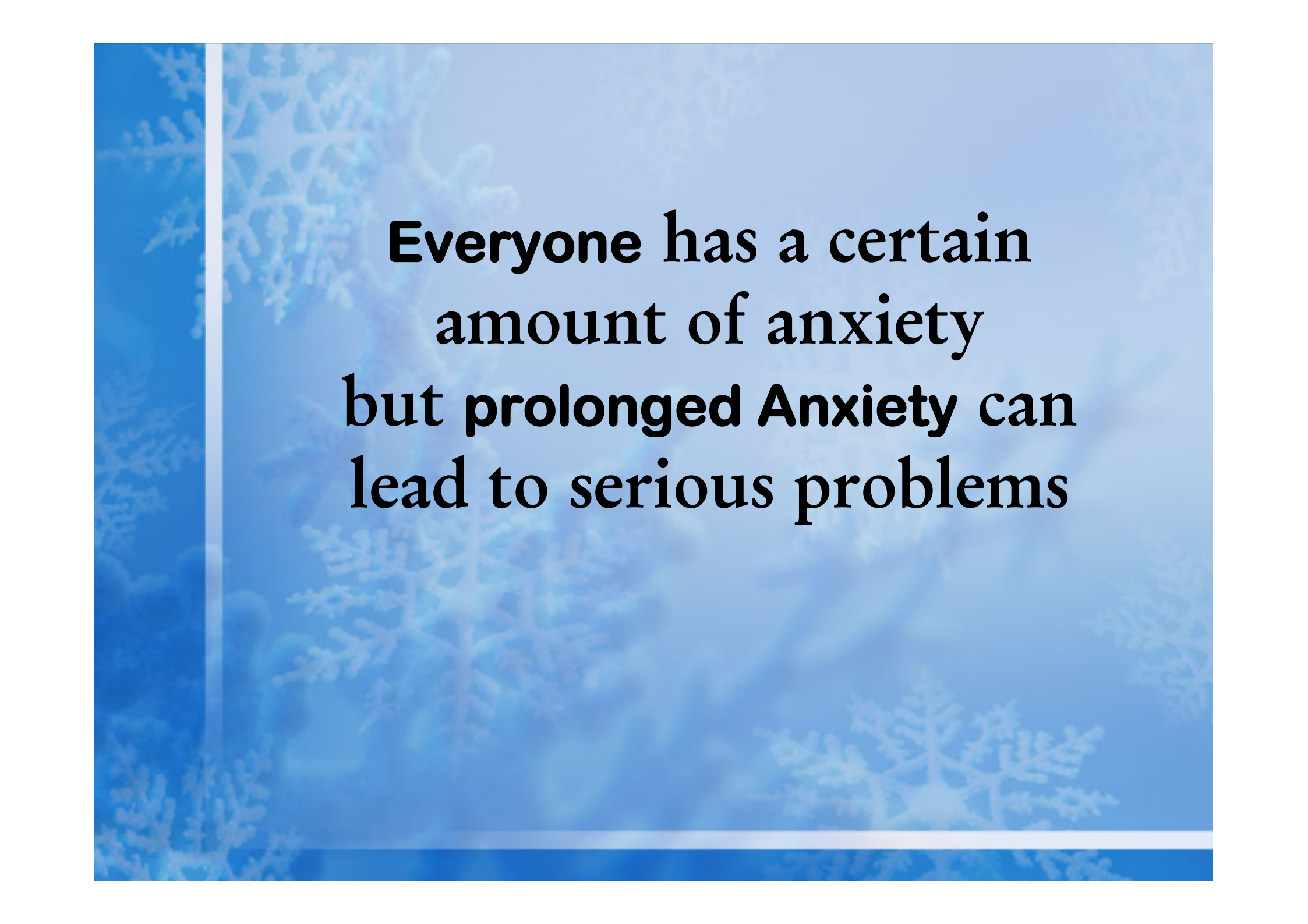
# **Anxiety**

-- that worried, “uptight” feeling,

**a Vague Fear that  
something bad or unpleasant  
is going to happen ...  
even if there’s no real threat**

# Common Signs of Anxiety

- Nervousness
- Trembling
- Dizziness
- Pounding heart
- Inability to slow down or relax
- Abnormal eating habits
- Troubled breathing



**Everyone has a certain  
amount of anxiety  
but prolonged Anxiety can  
lead to serious problems**

# **Depression**

**-- a feeling of sadness or disappointment that leads to apathy and withdrawal**

# **Facts about Depression**

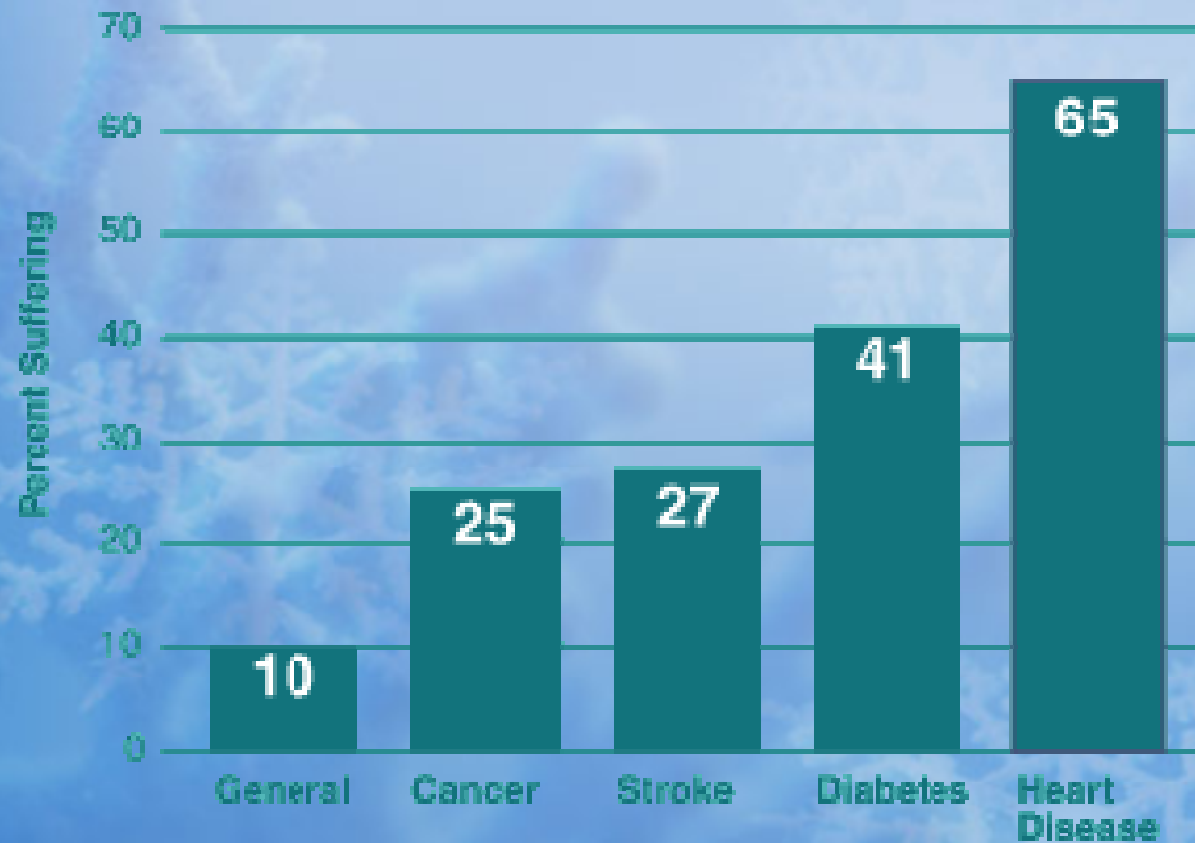
- **Clinical depression is one of the most common mental illnesses**
- **Sometimes people mistakenly believe the symptoms are a “normal part of life.”**
- **Clinical depression affects men & women of all ages.**

## **More Facts**

- **25% of women and 10% of men will experience depression sometime in their lifetime.**
- **Depression can co-occur and complicate other medical conditions.**

# Co-occurring Depression

## Depression and Co-occurring Illnesses



## Very Important Fact

More than 80% of all cases of clinical depression can be effectively treated with medication, psychotherapy or a combination of both.



**Depression**

**is a treatable illness**

# Types of Depression

## Main types of depressive disorders

- ❖ Major depression
- ❖ Dysthymia
- ❖ Bipolar disorder

# Causes of Depression

- Imbalance of brain chemicals called neurotransmitters
- Certain diseases or illnesses
- Negative thinking patterns
- Family history of depression

# Causes of Depression

- **Difficult life events**
- **Certain medications**
- **Request and excessive alcohol consumption**

# **You Can Do a Lot...**

- ✓ **Talk It Over**
- ✓ **Take a Break**
- ✓ **Learn to Relax**
- ✓ **Exercise Regularly**
- ✓ **Plan Your Work**
- ✓ **Be Realistic**
- ✓ **Avoid Stress**
- ✓ **See Your Physician**

# Treatment Options

- Medication
- Psychotherapy
  - Cognitive/behavioral therapy
  - Interpersonal therapy
- Electroconvulsive therapy (ECT)

# Holiday Depression

## Possible causes

- \* Stress
- \* Fatigue
- \* Unrealistic expectations
- \* Financial constraints
- \* Inability to be with  
family & friends

# Holiday Depression

## Coping mechanisms

- ✿ Have realistic expectations
- ✿ Keep expectations manageable
- ✿ Leave “yesteryear” in the past
- ✿ Do something for someone else
- ✿ Save time for yourself

# Seasonal Affective Disorder ("SAD")

- ☹️ Affects half a million people every year.
- ☹️ Peaks in Dec., Jan., and Feb.
- ☹️ "Winter Blues" --  
(milder form of SAD) may affect even more individuals.

# “SAD”

## Symptoms

- ▶ Depression
- ▶ Anxiety
- ▶ Mood changes
- ▶ Sleep problems
- ▶ Lethargy
- ▶ Overeating
- ▶ Social problems

# “SAD”

## Treatments

- ▶ Phototherapy
- ▶ Spend more time outdoors:
  - 1 hour's walk in winter sunlight =  
2 ½ hours under  
bright artificial light
- ▶ Some antidepressant drugs may be effective

# Depression Screening

## Depression Screening tool—

National Mental Health America website:

[www.depressionscreening.org](http://www.depressionscreening.org)

- ✿ Confidential depression-screening test →
- ✿ Read page →
- ✿ At bottom of page “click” for test →
- ✿ Take test →
- ✿ Results and recommendation follow.

# Why Screen for Depression

- Screenings provide a quick & easy way to spot the first signs of a serious illness.
- Like other medical screenings, depression screenings should be a routine part of healthcare.

# Resources

- National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)
- Mental Health America  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- Mental Health America of North Dakota  
[www.mhand.org](http://www.mhand.org) or Dial 2-1-1

# **The More We Know About... Managing Stress**

**Presented for—**

**Family Voices of North Dakota  
“Topical Calls”**

**Judy DeWitz, Disabilities Advocate  
ND Protection and Advocacy Project  
December 17, 2007**