

Mood, Health, & Emotional Well-Being

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Confidentiality

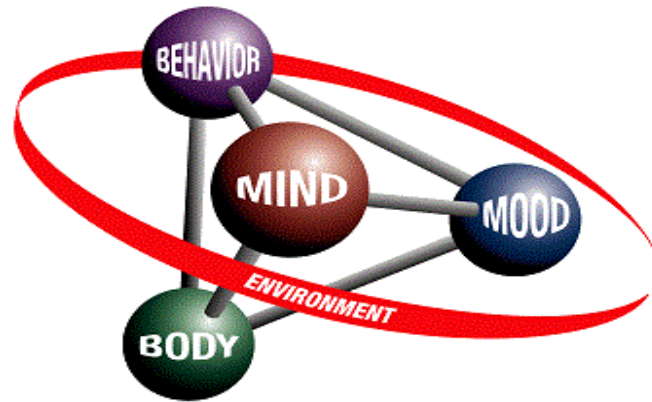
- * Treatment is confidential
 - * Patient privacy protected under the law
 - * Providers are professionals and *will not* use what patients share for gossip

Expertise

- * Providers are experts in their fields
 - * Talk with your Primary Care Physicians (PCPs) and ask for a referral for emotional health expert
 - * Troubles with mood and/or feelings often times show up physically

Different layers within a Person

- * People are made up of:
 - * Physical
 - * Emotional
 - * Spiritual/religious, etc.



- * When one factor is affected, the effects are felt in the different areas too

Anxiety & Depression

- * Are the 2 most common disorders
- * Affect men and women of all ethnicities, sexual orientation, religiosity, etc.
- * Are not a result of a personal failure or character flaw
- * Significantly affect quality of life
- * **Are treatable**

What is Depression?

- * More than the occasional feeling low or reaction to a life event
- * Interferes with daily life functioning
- * Described at times as like “living in a black hole”

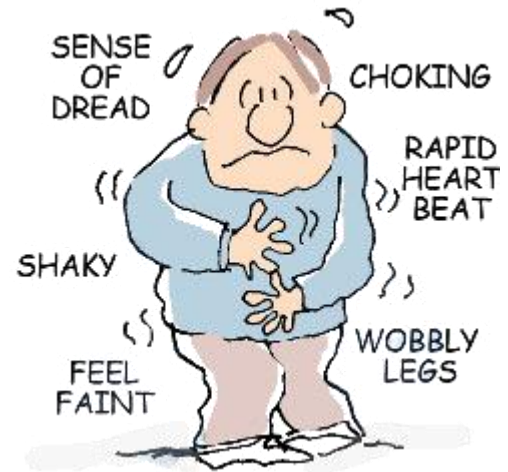


Depression Symptoms

- * Hopelessness & helplessness
- * Worthlessness
- * Fatigue
- * Unexplained aches & pains
- * Suicidal thoughts and/or plan
- * Loss of interest in previously pleasurable activities, friends
- * Changes in sleep
- * Changes in appetite
- * Decreased concentration
- * Increased irritability

What is Anxiety?

- * Anxiety is a normal reaction to stress and not all anxiety is bad
 - * Good anxiety
 - * Bad anxiety
- * Continuous worry
- * Interfere with quality of life



Anxiety symptoms

- * Feelings of panic, fear, & uneasiness
- * Shortness of breath
- * Heart palpitations
- * Dry mouth
- * Numbness or tingling in hands &/or feet
- * Dizziness
- * Problems sleeping
- * Cold or sweaty hands &/or feet
- * Inability to be still & calm
- * Muscle tension
- * Nausea

Where Do I Find Help?

Treatment



- * Several options exist
 - * Life adjustment
 - * Job switch
 - * Socializing
 - * Therapy
 - * Spirituality
 - * Medication

Therapy

- * Source of support
 - * Short-term
 - * Long-term



- * Doesn't mean weakness or defectiveness

Challenge Negative Thinking

- * Some types of negative thinking:
 - * All-or-none thinking
 - * Mental filter
 - * Diminishing the positive
 - * Jumping to conclusions
 - * “Shoulds” & “should-nots”
- * Catch it, check it, & change it technique
 - * Notice the thought
 - * Test ABCs:
 - * Accurate
 - * Balanced
 - * Complete
 - * Replace with a more balanced thought

Create a worry period

- * Set a time & place for worrying
- * Postpone your worry for that set time
- * Review your list of worries during that period



Social relationships

- * Use existing supportive relationships or create new ones
- * Ask for the help & support you need
- * Try to engage in social activities
- * Join a support group
- * Spend less time with people who upset you

Move around!

- * Exercise is a great tool for combating depression
- * Reduces stress
- * Relieves muscle tension



Eat a healthy, mood-boosting diet

- * Don't skip meals
- * Cut down on refined carbs & sugar
- * Focus on complex carbs
- * Eat more B vitamins
- * Try super foods



Do things that make you feel good

- * Improve sleep
- * Get some sun
- * Do things you enjoy (or used to)
- * Practice relaxation techniques
- * Develop a wellness toolbox

Let's practice

- * Sample Wellness toolbox
- * Deep breathing exercise





If you try these techniques and
need more help, consider
seeking treatment.