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
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
Anxiety is a normal reaction to stress and not all anxiety is bad.

- Good anxiety
- Bad anxiety
- Continuous worry
- Interferes 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?
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
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.