

SADNESS OR DEPRESSION? NERVOUSNESS OR ANXIETY?



**KNOW THE FACTS
GET HELP
WE NEED YOU HERE!**

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My career has included work in Public Health,
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I enjoy nature, travel, hiking, rock hunting, and
camping

- Mom
- Daughter
- Sister
- Friend

- Therapist
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Professional
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LEARNING GOALS:

- We will learn about depression and anxiety
- We will explore how they affect people and
- We will discover how to access help, support and coping skills



WHAT'S THE DIFFERENCE BETWEEN SADNESS AND DEPRESSION?

SADNESS:

- Sadness is a normal reaction to a loss, disappointment, problems, or other difficult situations. Feeling sad from time to time is just another part of being human. In these cases, feelings of sadness go away quickly and you can go about your daily life.

SAD FEELINGS ARE NORMAL

- It's OK to feel sad sometimes. But it feels much better to be happy. So here are some things every kid should know:
- You can cope with sad things that happen.
- You can do things to ease a sad mood and feel happier.
- A positive attitude can help you through disappointments.
- Learning how to deal with sad feelings can make a big difference in your life.
- Other ways to talk about sadness might be 'feeling low,' 'feeling down,' or 'feeling blue.' A person may say they are feeling 'depressed,' but if it goes away on its own and doesn't impact life in a big way, it probably isn't the illness of depression.

WHEN SADNESS LASTS A LONG TIME= DEPRESSION

- When you're in a sad mood, it can seem like it will last forever. But usually feelings of sadness don't last very long — a few moments, a few hours, or maybe a day or two.
- But sometimes sad feelings go on for too long, hurt too deeply, and make it hard to enjoy the good things about life. This deeper sadness that lasts a lot longer is called **depression.**
- Depression can make it seem like problems are too big to deal with. People who are depressed might think things will never get better. They might feel like they are worthless or bad. They may be sad or grumpy for weeks, or even longer. They might not want to hang out anymore or feel too tired to do things like play, go to school, or go to work.

KNOW THE DIFFERENCE

- We all have bad days. It is normal to feel sad when something bad happens. Normal sadness goes away on its own.
- Depression is a mental disorder that is more severe and longer lasting than normal sadness. Depression interferes with other aspects of your life, like work, school or relationships, but with the right kind of treatment, many people can overcome it and lead happy, healthy lives.



WHAT CAUSES DEPRESSION?

- Sometimes depression has no apparent cause, but in other cases, it may be caused by one or a number of factors like genetics, the chemicals in the brain that control your moods might be out of balance, a stressful event or chain of stressful events and certain personality types are at a higher risk of depression than others (this includes people who tend to be anxious, shy, perfectionistic, or those who have low self-esteem).
- https://www.youtube.com/watch?feature=player_embedded&v=5YRgRpZarvo

SIGNS OF DEPRESSION

Here are some of the things people notice with depression:

- **Negative feelings and mood.** People with depression might feel unusually sad, discouraged, or defeated. They may feel hopeless, helpless, or alone. Some people feel guilty, unworthy, rejected, or unloved. Some people with depression feel, angry, easily annoyed, bitter, or alienated.
- Any or all of these negative emotions can be part of a depressed mood if they go on for weeks or more.
- **Negative thinking.** People with depression get stuck in negative thinking. This can make people focus on problems and faults. It can make things seem bleaker than they really are. Negative thinking can make a person believe things will never get better, that problems are too big to solve, that nothing can fix the situation, or that nothing matters.
- Negative thinking can be self-critical, too. People may believe they are worthless and unlovable — even though that's not true. That can lead people with depression to think about harming themselves or about ending their own life. Negative thinking can block our ability to see solutions or realize that a problem is actually temporary.

SIGNS OF DEPRESSION

- **Low energy and motivation.** People with depression may feel tired, drained, or exhausted. They might move more slowly or take longer to do things. It can feel as if everything requires more effort. People who feel this way might have trouble motivating themselves to do or care about anything.
- **Poor concentration.** Depression can make it hard to concentrate and focus. It might be hard to do schoolwork, pay attention in class, remember lessons, or stay focused on what others say.
- **Physical problems.** Some people with depression have an upset stomach or loss of appetite. Some might gain or lose weight. People might notice headaches and sleeping problems when they're depressed.
- **Social withdrawing.** People with depression may pull away from friends and family or from activities they once enjoyed. This usually makes them feel more lonely and isolated — and can make negative thinking worse.

DEPRESSION

- <http://www.youtube.com/watch?v=SIPPCzRkBKQ>
- <http://www.youtube.com/watch?v=MiS02j3zt68>



DEPRESSION CAN GO UNRECOGNIZED

- People with depression may not realize they are depressed. Because self-critical thinking is part of depression, some people might mistakenly think of themselves as a failure, a bad student, a quitter, a slacker, a loser, or a bad person.
- Because depression can affect how a person acts, it might be misunderstood as a bad attitude. Other people may think the person isn't trying or not putting in any effort. For example, a negative or irritable mood can cause someone to act more argumentative, disagreeable, or angry. That can make the person seem difficult to get along with or cause others to keep their distance. Low motivation, low energy, difficulty concentrating, and thoughts of "why bother?" can lead someone to skip classes or school.
- Some people with depression have other problems as well. These can intensify feelings of worthlessness or inner pain. For example, people who cut themselves or who have eating disorders or who go through extreme mood changes may have unrecognized depression.
- When depression is recognized and treated, it often clears the way for other problems to get treated, too.

WHEN LIFE SUCKS

- Life sucks sometimes, and all of us at one time or another, feel s—-ty. This can mean different things for different people. From feeling sad, angry, stressed out, or fed up. You could get a sense of not quite feeling like yourself or feeling physically sick.

<https://au.reachout.com/articles/its-ok-to-feel-crappy-sometimes>

Supporting Friends/social media

- <https://wernative.worldsecuresystems.com/blog-posts/friend-post-something-concerning>

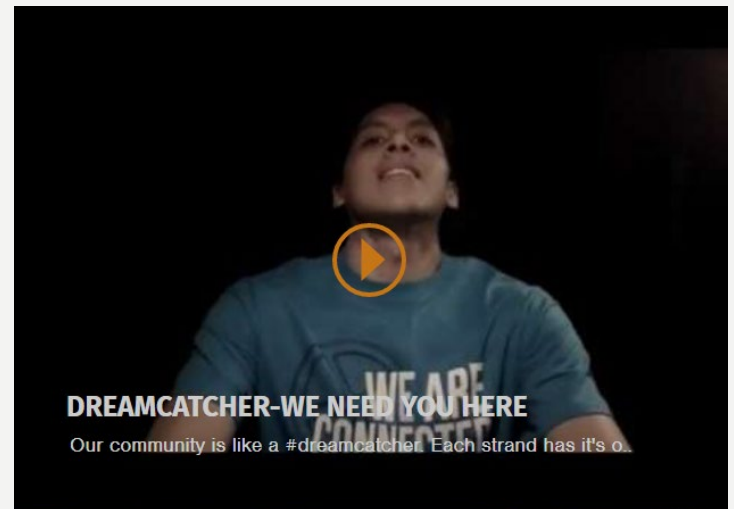


DEPRESSION AND SUICIDE

- For some people, depression may lead to thoughts of suicide. Try to remember that you don't have to act on these thoughts, no matter how overwhelming they might be. If you're considering ending your life, it's important that you talk to someone right away. If you're in a crisis, you can also call The National Suicide Prevention Lifeline at 1-800-273-TALK to get immediate help.

VIDEO:

<https://youtu.be/X7k1h9FPLK0>



WHAT HELPS DEPRESSION GET BETTER?

- **Depression can get better with the right attention and care** — sometimes more easily than a person thinks. But if it's not treated, things can stay bad or get worse. That's why people who are depressed shouldn't wait and hope it will go away on its own.
- If you think you might be depressed, talk to a parent or other adult about getting the right help. The right help can mean doing all of these things:
 - **Get a Medical Checkup**
 - A doctor can check for any health conditions that might cause symptoms of depression. For example, hypothyroidism can cause a depressed mood, low energy, and tiredness. Mono can make a person feel tired and depressed.
- **Talk to a Counselor**
- Having meetings with a counselor or therapist is called talk therapy. Talk therapy can help people overcome depression. Talk therapy works by helping people to:
 - **understand their emotions, put feelings into words, and feel understood and supported**
 - **build the confidence to deal with life's struggles**
 - **work out problems they face**
 - **change negative thinking patterns that are part of depression**
 - **increase self-esteem and become more self-accepting**
 - **increase their positive emotions and feel happier**
- Overcoming depression might include talk therapy, medication, or both. A therapist might also recommend daily exercise, exposure to daylight, or better ways of eating. A therapist might teach relaxation skills to help someone get a good night's sleep.

THE DIFFERENCE BETWEEN: NERVOUS/WORRIED AND ANXIETY

- Anxiety is an uncomfortable feeling of fear or imminent disaster, and is a normal emotional response to danger. What makes one person anxious may not trigger the same response in someone else. Everyone feels some anxiety at different times during life. It becomes a problem if you feel so anxious that it interferes with your normal day-to-day activities.
- <https://youtu.be/ViWCk74Bu8k>
- It turns out your anxiety isn't useless at all - it's a result of the sympathetic nervous system (in charge of the fight or flight response), which lets you respond immediately to threats and can also help you meet that looming deadline.
- Youtube:
- <https://youtu.be/aOGP3mltnZE>

WORRY

- It's completely normal to worry when things get hectic and complicated. But if worries become overwhelming, you may feel that they're running your life. If you spend an excessive amount of time feeling worried or nervous, or you have difficulty sleeping because of your anxiety, pay attention to your thoughts and feelings. They may be symptoms of an anxiety problem or disorder.



ANXIETY SIGNS SYMPTOMS

- [Youtube: 10 Signs of Hidden Anxiety](#)
- <https://youtu.be/woJFvy5JpIY>



NORMALLY, ANXIETY...

- Is a reaction to something specific, like an upcoming test
- Fits the situation—for example, a small problem causes only a small amount of anxiety
- Is realistic—your anxiety makes sense, given the situation
- Ends when the situation is over



ANXIETY STARTS TO BECOME A PROBLEM WHEN...

- It feels like it came out of nowhere
- Is much stronger than you'd expect
- It's unrealistic—such as focusing on something awful happening over a little issue
- It stays with you, even when the situation is over
- Too much anxiety too often can start to cause harm and stop you from getting the most out of life. It may not mean you have a mental illness like an anxiety disorder, but it can still have an impact on your life. It's a sign that you might need some extra support.
- Youtube if anxiety could text: <https://youtu.be/vkxr3s3y5Zw>

LOOK FOR THE SIGNS OF PROBLEMS WITH ANXIETY

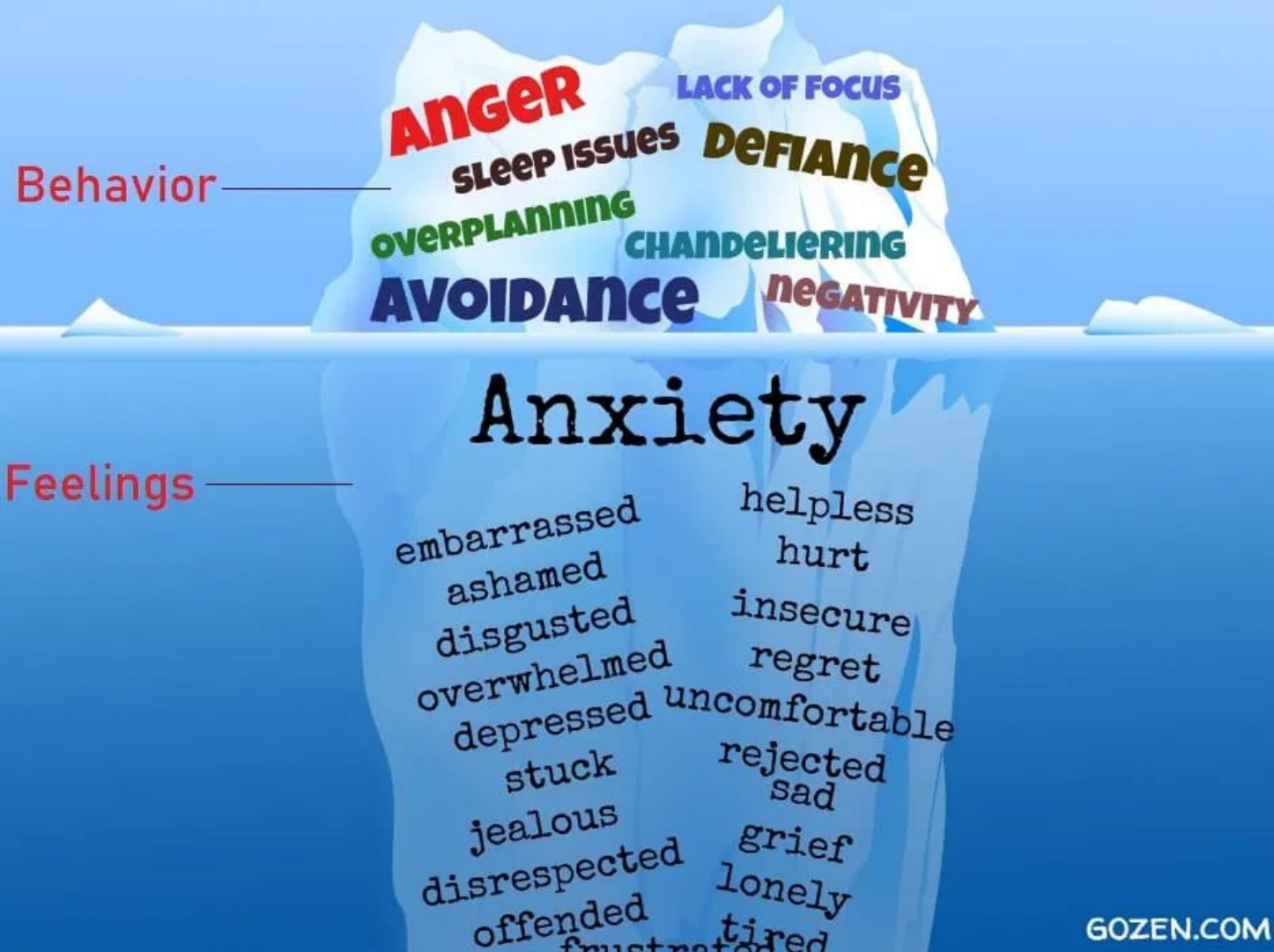
- **Feelings**

- Feeling scared, worried or on edge
- Feeling irritated or angry
- Feeling uneasy

- **Thoughts**

- "What if..."
- "Something terrible will happen"
- "I'm just going to embarrass myself and everyone will laugh at me"
- "Nothing ever works out...I'm a failure"
- "Why can't you just do it my way?"
- "I don't know why I can't control this"
- "Is it normal to feel like this?"

ANXIETY ICEBERG REVISED



LOOK FOR THE SIGNS OF PROBLEMS WITH ANXIETY

Changes in your body

- Racing heart
- Sweating more than usual
- Difficulties sleeping well
- Feeling tired often
- Muscle aches and pains
- More stomach aches than usual

Actions

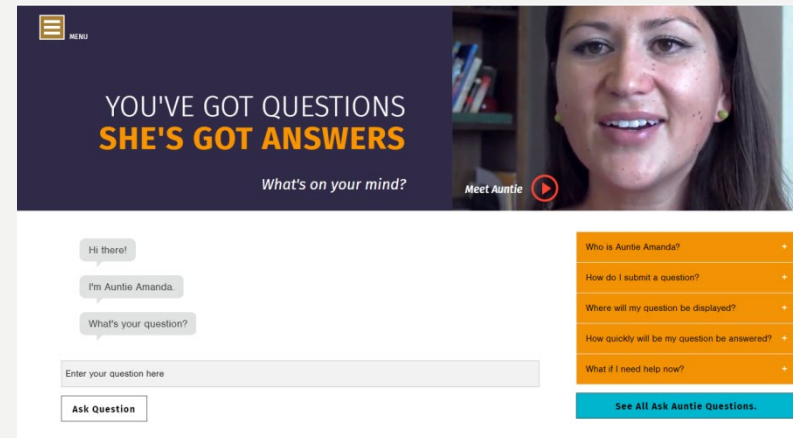
- Avoiding things, people, or places that make you feel anxious
- Often using distractions to avoid anxiety
Checking things often to make sure everything is okay
- Often seeking reassurance from others
- Struggling to pay attention or concentrate
- Getting very angry at other people over little things
- Feeling very restless, like you can't sit still

COPING WITH ANXIETY



GET SUPPORT

- Many people find that it helps to open up to parents or other adults they trust. Simply saying something like, "I've been feeling really down lately and I think I'm depressed or anxious" can be a good way to begin the discussion.
- If a parent or family member can't help, turn to your school counselor, school nurse, or a helpline.
- Wernative (website) Play video:
- <https://wernative.worldsecuresystems.com/ask-auntie/chat.htm>



SCIT BEHAVIOURAL HEALTH

Address: 2800 S Shepherd Rd, Mt Pleasant, MI 48858

CRISIS ON CALL AFTER HOURS: 989-775-4850 follow prompts

Hours:

Monday 8AM–5PM

Tuesday 8AM–5PM

Wednesday 8AM–5PM

Thursday 8AM–5PM

Friday 8AM–5PM

Saturday Closed

Sunday Closed

Phone: (989) 775-4850



SUPPORTS

- **HOTLINES:**
- National Suicide Hotline: 1-800-SUICIDE (784-2433) or the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Both toll-free, 24-hour, confidential hotlines which connect you to a trained counselor at the nearest suicide crisis center.
- Safe Place: 1-888-290-7233
- Project Safe Place provides access to immediate help and supportive resources for young people in crisis through a network of qualified agencies, trained volunteers and businesses in 32 states. Call the hotline to find out if the program operates in your state, or look online.
- National Alliance of the Mentally Ill: 1-800-950-6264
- Toll-free, confidential hotline operating Mon.-Fri., 10 am- 6 pm (EST). Trained volunteers provide information, referrals, and support to anyone with questions about mental illness.
- The Trevor Project: 866-4-U-TREVOR
- The Trevor Project operates the only nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. The Trevor Helpline is available as a resource to parents, family members and friends of young people as well. Visit www.TheTrevorProject.org for more information and resources for young people, including “Dear Trevor,” an online Q&A forum for non-time sensitive questions.

WHY DO PEOPLE NEED THERAPY?

- People need therapy when they have problems they can't cope with alone. Therapy helps people talk about their feelings. It helps them work through problems and learn new skills. When they do this, they start to communicate better and do better.
- People need therapy for different reasons. Some people need to ease depression or anxiety. Others need it to improve their attention, learning, and focus. Some people need help with anxiety, worry, or fear. Everyone deserves help to deal with problems.

HOW DOES THERAPY WORK?

- In therapy, people learn by talking and doing. A therapist will share activities and ideas to build the skills a person needs. People learn ways to solve their problems.
- Therapy builds helpful thoughts and encourages healthy behaviors. Therapists help people feel encouraged as they learn. They help people see the good in themselves and find their strengths.



WHAT HAPPENS IN THERAPY?

- In therapy sessions, you might:
- Talk. Therapists have people talk about their feelings. Talking is a healthy way to express feelings. It helps people feel accepted, understood, and ready to learn.
- Do activities. Therapists might teach lessons about emotions, coping skills, or facing fears. Activities and worksheets help make these lessons interesting.
- Practice new skills. A therapist might teach skills like mindfulness and calm breathing. You might learn ways to face fears or lower stress. Or how to speak up for yourself. In your therapy meetings, you might practice the skills you learn.
- Solve problems. Your therapist will ask how problems affect you at home and at school. You will talk together about how to solve these problems.

HOW CAN YOU HELP YOURSELF?

- If you're going to a therapist, here are ways to build on the work you will do:
- Be ready to grow. Have a positive attitude. Believe in yourself. Tell yourself, "I can" instead of "I can't."
- Ask parents, teachers, and friends for support. Let them help and show they care.
- Work on your strengths. Spend time doing the things you are good at. This helps you build confidence.
- Take care of your body. Exercise and eat healthy foods. Get enough sleep. Take time to relax. Be with people who bring out your best.
- Take care of your mind. Learn mindful breathing to help you be calm and focused. The more you do this, the more it helps.

SURVEY

Survey

<http://www.sagchip.org/news.aspx?newsid=3192#.XIEDIJV0zLz>

