



Depression and Anxiety 101

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Why this
topic?

- ▶ **20% experience mental health issue**
- ▶ **Christians get depression too!**
- ▶ **Body of Christ**
- ▶ **Loyal to families, healthy marriages, healthy children (“ie. In sickness and in health”)**
- ▶ **Millenials want more authenticity!**
- ▶ **Historically a taboo topic**

Myth Busting: True or false

- ▶ **We know someone has depression because they usually can't get out of bed**
- ▶ **Having Anxiety and Being a Worry Wart are the same thing**
- ▶ **Anger is a symptom of depression**
- ▶ **People always notice when someone experiences anxiety**
- ▶ **You always know when someone's having a panic attack because they are usually hyperventilating.**

Symptoms of Depression

- ▶ **Feelings of sadness which can include crying spells**
- ▶ **Feelings of hopelessness or a void**
- ▶ **Irritable or annoyed mood**
- ▶ **Frustration or anger over small matters**
- ▶ **Loss of interest in normal activities**
- ▶ **Loss of interest in family activities and friends**

Continued...

Continued....

- ▶ **Low self esteem**
- ▶ **Feelings of worthlessness or guilt**
- ▶ **Fixation on past failures or self blame/self criticism**
- ▶ **Extreme sensitivity to rejection or failure**
- ▶ **Trouble thinking, concentrating or remembering things**
- ▶ **Ongoing sense that life is bleak and hopeless**
- ▶ **Frequent thought of death or dying or suicide.**

BRUSHING MY TEETH



WHAT I THINK I LOOK LIKE



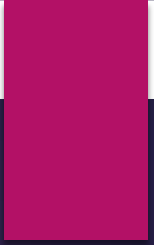
WHAT I REALLY LOOK LIKE



What
does this
look like in
reality??

Behavioural changes or Clues

- Insomnia
- Tiredness or lack of energy
- Sleeping too much
- Changes in appetite
- Use of alcohol or drugs
- Agitation/restlessness (pacing, hand wringing, or inability to sit still)
- Slowed thinking, speaking, or body movements
- Frequent body aches and headaches
- Social isolation
- Trouble getting to school /frequent absenteeism
- Angry outbursts
- Self harm
- Making suicidal plans/attempt



Depression is physical just as much as mental. Most people who suffer from depression will report PAIN, “feeling like a 100lb body weight is attached to my body”, inability to concentrate, slowed movements. This is not “all in one’s head”.

Some Key Things To Know

- ▶ Ups and downs are normal part of life. BUT if these symptoms start interfering with day to day life and our relationships, then this is when we know it's time to see the doctor.
- ▶ TWO THINGS to Look for:
- ▶ **1) decrease in overall mood OR**
- ▶ **2) a loss of interest in things that used to be interested in over a 14 day period.**
- ▶ This above is the diagnostic criteria for Major Depressive Disorder (DSM 5).

Part 2: Anxiety

- ▶ **DEFINITION** of anxiety: a state of uneasiness, apprehension, fear that is caused by worry or excessive worry.

MY ANXIETIES HAVE ANXIETIES.



Symptoms of Anxiety

- ▶ Symptoms:
- ▶ Numbness and tingling in extremities
- ▶ Dizziness
- ▶ Chest pain
- ▶ Headaches
- ▶ Neck tension
- ▶ Stomach upset, nervous stomach
- ▶ Pulsing in ear
- ▶ Burning skin
- ▶ Fear of impending doom
- ▶ Nausea
- ▶ Shortness of breath
- ▶ Heart palpitations
- ▶ Weakness in legs
- ▶ Feeling like you are going crazy
- ▶ Spacey feeling
- ▶ Inability to rest
- ▶ Sleep problems
- ▶ Sweaty palms

Things to Know About Anxiety...

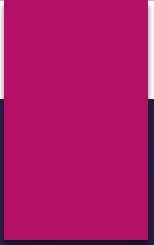
- ▶ Anxiety is very **physical**
- ▶ Individuals often don't realize this is what they are experiencing
- ▶ They describe things like “**tingling fingers**”, or “**pain under my shoulder blades**” or “**racing heart**” or feeling “**not present**”.
- ▶ Individuals often request work ups done at their doctor thinking it's something **more medical** (MS, heart condition, etc)
- ▶ Anxiety and Worry are a normal part of life. It's when they impact your daily life and your ability to do regular things like go out, pick up the phone, attend a social function, drive a car.....

Some behaviours associated with anxiety....

- ▶ **Checking and monitoring**
- ▶ **Isolation or withdrawing from things/events (cancelling last minute)**
- ▶ **Undoing**
- ▶ **Reassurance seeking**
- ▶ **Worry**
- ▶ **Escape**
- ▶ **Distraction**
- ▶ **Information seeking (“Googling all the things”)**
- ▶ **Safety behaviours (lucky #'s, rabbit foot, knocking on wood)**
- ▶ **Avoidance**

THE VICIOUS CYCLE OF AVOIDANCE





So now that we've all
diagnosed ourselves and
our whole
families.....What now?

Next Steps

- ▶ **Speak to Your Family Doctor or Nurse Practitioner**
- ▶ **Get blood work done (ask about iron levels, thyroid levels, B12 levels, vitamin D levels, post natal depletion)**
- ▶ **Talk to a “grown up you trust” who has demonstrated a compassion for mental health issues *****
- ▶ **Locate a local counsellor/mental health worker and make a first appointment**
- ▶ **Talk to a naturopathic or homeopathic doctor in addition to medical doctor - new links between gut health and mental health and diet, also post natal depletion as a new topic worth looking into.**

Information to Equip You

▶ Professionals can assess you...

BECK Depression Inventory Scale (BDI)

Beck Anxiety Inventory Scale (BAI)

Generalized Anxiety Disorder 7 (GAD 7)

Edinburg Post Natal Depression Scale (EPND)

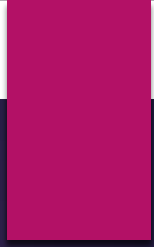
You can score “normal mood disturbance”, mild depression, moderate depression or severe depression.

If this, then this...

- ▶ If you score mild to moderate depression in it's acute phase, the research shows that CBT is effective
- ▶ If you score chronic/ moderate depression, the research states that either professional talk therapy, or anti-depressants could be helpful
- ▶ If you suffer from chronic severe depression, the research states that a combination medication AND CBT therapy have the best effects
- ▶ RELAPSE IS LESS COMMON WITH THOSE WHO DID CBT
- ▶ (Beck, et al, 2004)

Other things that can help

- ▶ **Exercise: most underused anti-depressant (research says in the morning)**
- ▶ **30 minute walk outside each day**
- ▶ **Light Therapy (Costco!)**
- ▶ **Engaging in activities that bring you a sense of joy and accomplishment**
- ▶ **Prayer/Meditation**
- ▶ **Support**
- ▶ **4-7-8 breathing (for anxiety)**
- ▶ **“Lock Box” technique (for anxiety)**



Sometimes
you need
a ladder to
get out of
a pit.....

A bit more on medication...

•

- ▶ **There is no shame in medication**
- ▶ **If you're iron levels or kidney levels were not optimal, we would take medications or receive treatment for those ailments.**
- ▶ **It should be the same for our serotonin levels. When we are depressed or highly anxious our serotonin levels are depleted and we may need help.**

The Big “WHY”

- ▶ **Why we get depression or anxiety is a complicated and multifaceted question**
- ▶ **Some variables that impact this:**
- ▶ **Family history of mental health issues**
- ▶ **Environmental factors: stressful job, hard home life, abusive relationship or toxic relationships, long commutes, trauma**
- ▶ **Personality factors: anxious disposition, “worry wart”, “negative thinker”**
- ▶ **Health Factors: chronic pain, injury, disability, caregiver, ADHD**
- ▶ **Epigenetics: new information on generational trauma – Residential schools, and Holocaust Survivor research**

Why do I talk about this.....

- ▶ I experienced postpartum anxiety after my first son
- ▶ What I experienced scared me
- ▶ I called a crisis line on myself
- ▶ I was a professional and I had no idea how serious it could actually be
- ▶ It was very physical
- ▶ It impacted my marriage
- ▶ Now I know information is power. When we know what we are experiencing has a name, we can Google, read about, and equip ourselves with what to do and where to get help
- ▶ Most teens and adults experience 1 serious bout of depression or anxiety in their lifetime
- ▶ It's more common than not common.....

Also...

- ▶ When we leave things as they are, when we decide for ourselves to not get treatment or counselling, when we decide not to reach out and talk to someone about this or to get medical treatment, it infects all different realms of our life
- ▶ It **infects** our relationships, marriages, work life, friendships, and spiritual life:
WHAT ARE THE CONSEQUENCES TO US NOT GETTING HELP?
- ▶ Also when we don't feel well physical or mentally, when we feel shaky or low, we are more likely to self-medicate
- ▶ **Mental health and addiction are intrinsically linked**
- ▶ We seek to feel better therefore we turn to alcohol, gambling, pornography, shopping, excessive cleaning etc.

I thought I was alone who suffered.
I went on top of the house,
And found every house on fire.

-Baba Farid

MOMASTERY



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What can we do as a community?

- ▶ **Keep this conversation going (in our communities, bible studies, etc) “We are ready!”**
- ▶ **If you suspect someone is struggling, ask them how you can help. *Ask more than once***
- ▶ **Sharing your own story with others reduces isolation and promotes connection**
- ▶ **Mental health needs to be a normalized topic off the pulpit**
- ▶ **In addition to praying for “shut ins” and those with illnesses or injury, lets include depressed, anxious, grieving, postpartum women/ people in our public communal prayers.**
- ▶ **Start Support Groups (ie. Dunnville Example)**
- ▶ **Encourage parishioners to attend counselling**

CONTACT

- ▶ Any private questions, I can be reached at:

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References

- ▶ Beck, Forman, Chapman, & Butler, 2004. “The empirical status of cognitive-behavioural therapy: A review of meta-analyses.
- ▶ Diagnostic Manual of Mental Disorders IV
- ▶ Notes from CBT course 2014: Introduction to Cognitive Behaviour Therapy, Dr. V. Velyvis, Adler Institute of Toronto
- ▶ BOOK: VanderKolk, Bessel, 2014. “The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma”.

Questions.....