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***Find Joy in the Madness:
Managing Stress and Depression***

Overview

- Depression stats & facts
- S.A.D.
- Stress facts
- Common holiday stressors
- Recognizing triggers
- Management & prevention
 - Mindfulness
 - Solid Sleep
 - Financial Focus
- Resources



Depression Statistics

By 2020 Depression will be the
2nd most common health problem in the world.

- **16.1 million** adults (18+) in the United States had at least one major depressive episode in the past year(2015).
- **That's 6.7% of all U.S. adults.**
- **12.5%** adolescents – diagnosed with depressive disorder by age 18.
- Women **are 70%** more likely than men to experience depression in their lifetime.
 - 15% of women experienced postpartum depression most commonly between a week and a month after delivery
- Young adults aged 18–25 are 60% more likely to have depression than people aged 50 or older.

Depression Statistics

- Over one-third (35.3%) of people with severe depressive symptoms reported having seen a mental health professional in the past year
- 8 million ambulatory care visits with a major depressive disorder as primary diagnosis (2010, CDC)
- 43% percent of adults with depression were obese
- Adults with depression were more likely to be obese than adults without depression
- 18.1% (43.6 million) Adults ages 18 years and older suffer from mental illness
- Suicide is the 10th leading cause of death in the U.S.
- Approximately 43,000 Americans in 2014

Causes of Depression

- Biological differences
- Brain chemistry
- Hormones
- Inherited traits



What is Depression?

Major depressive disorder [clinical depression]

- Is a common but serious mood disorder.
- It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.
- To be diagnosed with depression, the symptoms must be present for at least two weeks.

Seasonal Affective Disorder

- Seasonal affective disorder or SAD is a seasonal type of depression
- SAD begins and ends around the same time every year
- Symptoms commonly begins in the fall and remain through the winter months
- Contact you doctor if you think you may be experiencing SAD



Facts About Stress

- Nearly 1-in-5 report that they are experiencing high levels of stress 15+ days each month.
- Warning Signs:
 - Smoking
 - Drinking alcohol
 - Over / under eating
 - Withdrawing from others
 - Sleeping too much
 - Zoning out



Common Holiday Stressors

- Weight gain
- Chaotic schedules
- Memories of lost loved ones
- Crowded stores, restaurants, roads, etc.
- Strained familial relationships
- Fatigue
- Lowered immune defenses
- Financial concerns



Prevention and Management of Stress

Recognizing Triggers / Causes of Stress

- Identify what events or situations trigger stress
- Learn to recognize and take control of stress situations AND reactions
- Recognize and accept one's own thoughts, feelings, and behaviors that contribute to a stress reaction
- Take small steps toward changing unhealthy behaviors



Lifestyle and Prevention

Maintaining good physical health can help your mental health as well. Below are some ideas about how to maintain a healthy lifestyle.

- Be active/ Exercise
- Eat Healthy
- Avoid Substance Abuse and Smoking
- Have a Support System
- Plan Ahead



Quiz

Which of these is a proven way to relax when you're stressed?

- A. Yoga
- B. Meditation
- C. Deep breathing
- D. All of the above
- E. None of these

Stress Management

- Writing/ Journaling
- Exercise
- Yoga and Tai Chi
- Listening to relaxing music
- Eat healthy, well-balanced meals
- Get plenty of sleep
- Take time to do things for yourself
- Have a support system
- Improve time management skills
- Limit caffeine and other chemicals
- Nature
- Pets

Mindfulness and Visualization

Mind/Body Connection

Mindfulness

- Being aware of your moment-to-moment experience
- Focus on attention on single repetitive action
- Breathing, repetitive phrase, flickering light from a candle, etc.

Visualization

- Form mental images to take a visual
- Journey to a peaceful, calming place or situation
- Use as many senses as possible (smell, sound, sight, touch)

Positive Self-Talk as a Stress Reliever

“I can’t do this.”

“I’ll do the best I can.”

“Everything is going wrong.”

“I can handle things if I take one step at a time.”

“I hate it when this happens.”

“I know how to deal with this; I’ve done it before.”

Deep Breathing

Just Breathe...DEEP BREATHING

- Sit comfortably with back straight
- Place one hand on your chest and the other on your stomach
- Breathe in through your nose while the hand placed on your stomach rises
- Exhale through your mouth, pushing out as much air as you can



Tips for a Good Night Sleep

- Follow a regular sleep schedule
- Create a bedtime ritual with relaxing activities
- Pay attention to what you eat and drink
- Include physical activity in your daily routine
- Try stress relief techniques



Financial Focus

- Decide how much
- Put into perspective with monthly budget
- Explain to your children
- Consider less-expensive gifts options
 - Donate to a charity in someone's name
 - Give homemade gifts
 - Start a family gift exchange
 - Events vs. items



What Would You Do?

Scenario

- You're in the checkout line and the person ahead of you is making a return that is taking what seems like forever. As they chat with the cashier, you begin to feel impatient.
- You're driving home from the store and there is traffic all around you. All you can see is brake lights and you hear emergency sirens.

Solution

- Think about the times that you have been the person making a return.
- Take a deep breath & the person in front of you isn't trying to make you late.
- Think about taking an alternate route home.
- Use this as personal time.
- Be grateful that you're not the one involved in the accident.

A photograph of a wooden dock extending into a calm lake, with a teal overlay. The dock is made of wooden planks and leads to a small platform. The water is still, reflecting the sky and the surrounding trees. The sky is a pale, hazy blue. The overall mood is serene and peaceful.

Resources

Health Coaching

What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2

The Ohio Employee Assistance Program



Mission

To assist employees and their dependents in resolving personal and work-related problems by providing quality services, support and solutions that enhance the emotional, behavioral health and overall productivity of employees in a confidential and professional manner.

Information & Assistance:

1-800-221-6327 (6EAP)

or 614-644-8545 (Franklin County only)

ohio.gov/eap

OEAP@das.ohio.gov

Optum Behavioral Solutions:

1-800-852-1091

Optum Behavioral Health Family Support Program

- The Family Support Program is available to all State employees who carry State of Ohio insurance
- Aims to help families who have children that are using and abusing drugs, up to age 25
- Phone access to licensed clinicians who will assess, educate, support and manage cases of children or adult dependents with substance use disorders (alcohol or drugs).

877-229-3440

liveandworkwell.com | Access Code: 00832

Additional Resources

- Ohio Employee Assistance Program
 - www.ohio.gov/eap
 - Monthly newsletters
 - 1-800-221-6327
- Optum Behavioral Health
 - 877-229-3440
 - www.liveandworkwell.com
- Johns Hopkins School of Medicine
 - <http://www.hopkinsmedicine.org/health/awareness/stress.html>
- Harvard Health Publications
 - <http://www.helpguide.org/articles/stress/stress-management.htm>
- Mental Health America (Formerly the National Mental Health Association)
 - <http://www.nmha.org>
- American Psychological Association (APA)
 - <http://www.apa.org>
 - <http://www.apa.org/news/press/releases/2007/10/stress-tips.aspx>





Thank You!

1-866-556-2288

ohio.gov/tclw

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