Mental Health Conditions

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Biology of Stress



Threat or stressors is identified or realized



Body's stress response reaches a state of alarm



Adrenaline rushes through the body preparing the fight or flight response



*Wear and tear over time (chronic vs. acute)

Stress Responses

PHYSICAL:

- -Headaches, stomach aches
- -Loss of appetite
- -Lack of energy
- -Muscle pain/tension in back
- -Get sick

COGNITIVE:

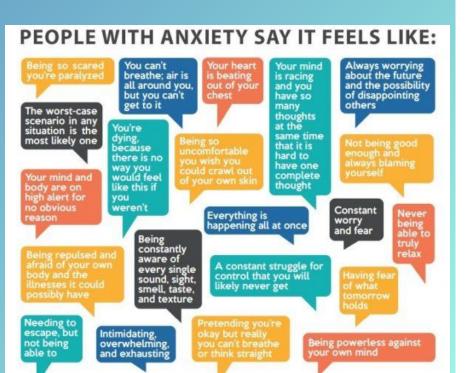
- frequent worries
- -"I don't want to deal with this"
- -"I don't have time for this"
- -"I can't give anymore"
- -"What if I mess up?

EMOTIONAL:

- -Irritable, easily annoyed
- -Impatient
- -Anxious, insecure
- -Numb

BEHAVIORAL:

- -Lash out at others
- -Isolate or withdraw
- -Waste time doing unproductive things



PEOPLE WITH DEPRESSION SAY IT FEELS LIKE:



#mentalillnessfeelslike 📸 👩 🥬





Mental Health America





Share what life with a depressive disorder feels like for you in words, images or video by tagging your social media posts with #mentalillnessfeelslike.

Posts will be displayed at mentalhealthamerica.net/feelslike where you can also submit anonymously if you choose.

Most common types of Anxiety Disorders

- → General Anxiety Disorder
- → Panic Disorder
- → Phobias
- → Post-Trauma Stress Disorder
- → Obsessive-Compulsive Disorder
- → Social Anxiety Disorder

Anxiety

When your body's fight or flight response is activated in inappropriate situations.



Physical Symptoms

- · Pounding/racing heart
- Dizziness and vertigo
- Sweating
- Muscle tension
- Insomnia
- Shortness of breath or feelings of suffocation



Emotional Symptoms

- Feelings of dread
- Constant worry
- Irritability and edginess
- Absentmindedness
- Fear of losing control
- Avoidance

Depression

A mood disorder characterized by low mood, a feeling of sadness, and a general loss of interest in things.

A Physical Symptoms

- Tiredness or loss of energy
- Changes in sleep patterns
- Alcohol or drug abuse
- · Loss of sex drive
- · Weight fluctuations
- Changes in appetite



Emotional Symptoms

- Persistent low mood
- Feelings of worthlessness or hopelessness
- Not enjoying things you used to enjoy
- Thinking about death or suicide
- Taking unnecessary risks
- Irritability



Generalized Anxiety Disorder

Generalized Anxiety Disorder is the most common type of anxiety disorder.

Defined as excessive anxiety and worry about multiple events or activities for at least six months:

Anxiety may overlap with depression as some symptoms are similar

Similar symptoms include: sleep disturbance, poor concentration, and sense of hopelessness.

Different symptoms: difficulty controlling worries, tension, autonomic hyperarousal, nightmares.

Symptoms of Anxiety

- Excessive Worry/ Anxiety about multiple areas of life
- Restlessness
- Muscle Tension
- Physiological Arousal
- Fatigue
- Irritability
- Sleep Problems
- Concentration problems/inability to focus
- Negative thinking patterns

Treatment for Anxiety

- Therapeutic Interventions
 Cognitive Behavioral TherapyMindfulness

 - Talk therapy
 Biofeedback or Neurofeedback
 Stress Inoculation

 - Medication
- Lifestyle changes

 o Reduce caffeine intake
 - Sleep hygiene
 - Exercise

 - Deep breathing exercises Organization, planning ahead

Depression

Genetic+Biological+Dietary+Environmental Component

Risk Factors:

- Depression has a strong genetic component- having a biological parent with depression increases the risk of developing depression
 - Among first degree biological relatives-depression is 1.5 to 3 times more common when compared to the general population
- Neurochemical Imbalances in the brain
- ☐ Low levels of Serotonin
- Prolonged exposure to stress leading to elevated levels of cortisol which is associated with increase in depression

Symptoms of Depression

Sadness/depression for 2 weeks
Loss of interest or pleasure in once enjoyable activities

Hopelessness

Insomnia/Hypersomnia

Lack of appetite or increase in appetite/ Weight Changes
Difficulty with focus and concentration

Fatigue

Feelings of guilt or low self-worth Thoughts of death

Treatment for Depression

- · Lifestyle modifications
 - Sleep, nutrition, physical activity, social support
- · Therapeutic Interventions
 - Talk Therapy or Cognitive Behavioral Therapy
 - Altering negative thought patterns
 - Emotion/Mood Regulation
 - Address feelings of helplessness and hopelessness
 - Behavioral Activation Strategies
- Medication
 - Antidepressants that addresses neurotransmitter functioning
 - Selective serotonin Reuptake Inhibitors (SSRIs) treat depression

Post-Traumatic Stress Disorder

- Trauma is defined as the experience of psychological distress after a terrible or life-threatening event.
- It can be described as an extreme or violent event that is experienced or perceived by one as shocking to the core.
- Emotional reactions to trauma can vary greatly and are significantly influenced by the individual's sociocultural history and previous exposure to trauma.

TYPES OF TRAUMA

Car accident
Sexual and physical assault
Childhood abuse, interpersonal violence
Military combat/WAR
Natural disaster
Race-based trauma*

CLUSTERS OF TRAUMA-BASED RESPONSES

Re-experiencing

Avoidance

Changes in cognition and mood

Arousal reactions



Trauma Responses

Re-experiencing: Involuntary and intrusive distressing memories. Includes flashbacks, Unwanted thoughts and images about the traumatic event, nightmares, and intrusive thoughts.

Avoidance-avoiding certain people, places, and things that remind them of the traumatic event.

Cognition and mood-trouble recalling event, person may feel numb, guilt, and shame.

- Cognitive sxs may also contribute to one's experiences of an "out of body" experience.
- * Mood responses include increased anxiety and worry, depression, anger, feelings of isolation and social withdrawal.

Altered state of arousal: intensely startled by stimuli that is a reminder of the trauma. This can contribute to sleep problems, inability to focus and concentrate, outbursts of anger, feeling on edge and restlessness.

RACE-BASED TRAUMA

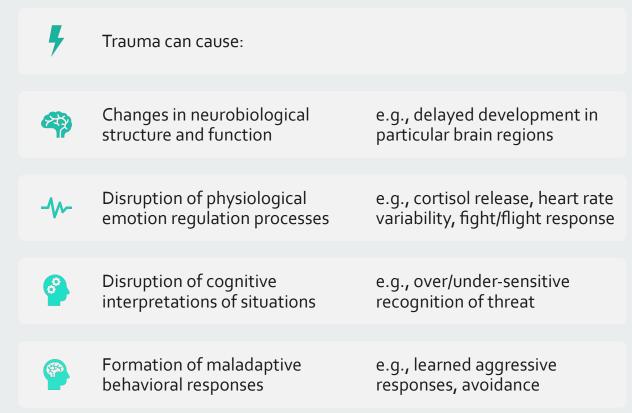
- Trauma secondary to racism
 - ex: Everyday life events, police brutality, daily race-related stressors, microaggressions, and chronic contextual stressors
- When a person experiences and perceives an event to be negative, sudden and uncontrollable, that's considered a traumatic event.
- Vicarious traumatization

Race-based trauma responses

- Physical responses: whenever stress is involved as a result of the fight, flight, or freeze response, there is always the possibility that exposure to traumatic events will affect our physical bodies and contribute to medical problems.
 - increased heart rate
 - > blood pressure
 - > fatigue, headaches
 - and in children it can disrupt healthy brain development
- Repeated exposure to traumatic and stressful events whether it's through firsthand exposure or for example, watching videos and perpetual images of black bodies being brutalized through the media has significant, residual effects on the mind and body.

Oftentimes it has been associated with increased susceptibility to experience trauma-based responses and even PTSD. It also can lead to significant functional impairments of Black people and other folx of color.

Impact of trauma



Bipolar Disorder

Is a mental illness that causes alterations in an individual's mood, activity levels, energy and concentration. These unusual shifts in a person's mood can make it difficult to carry out daily tasks. Mood changes can range from having elevated, elated, or energized behavior (referred to as manic episodes) to sad, down, hopeless, or indifference (referred to as depressive episodes).

Diagnosis of Bipolar disorder is highly important in helping a person live and function with this illness. An evaluation is needed to formulate best course of treatment that takes into account-family history, life experiences, duration of symptoms and episodes. Risk factors may include genetics and brain functioning-neurochemical changes that requires psychiatric attention.

Symptoms of Bipolar Disorder

- Flight of Ideas (racing thoughts)
- Grandiosity/inflated sense of self esteem
- Highly Distractible
- Inhibition/Indiscretion (engaging in high risk behaviors)
- Increased substance use, engaging in sexual activities, spending excessive money
- Increase in goal-directed activity
- Psychomotor agitation
- Decreased need for sleep
- Pressured Speech and Talkative
- Expansive mood lasting one week (or possibly less if hospitalized, always rule out substances as cause)

Treatment for Bipolar Disorder

Therapeutic Interventions:

Psychotherapy Cognitive behavioral therapy Family-focused therapy

Medications:

Mood stabilizers Antipsychotics Antidepressants

^{*}an effective treatment plan includes both therapy and medication in treating Bipolar disorder. Consult with a doctor for best forms of treatment.

Warning Signs of Suicide

Talking	about	wanting	to die
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Looking for a way to kill oneself

Talking about feeling hopeless or no purpose

Talking about feeling trapped or in unbearable pain
Talking about being a burden to others

Increasing the use of alcohol or drugs

Acting anxious, agitated, or recklessly

Sleeping too little or too much

Withdrawing or feeling isolated

Showing rage or talking about seeking revenge

Displaying extreme mood swings

Here are some tips for starting a conversation:

Listen. The most important thing you can do is let the person know that you are available to listen and hear about what is going on in their brain without judgement.

Ask how you can help. Give the power back to the person that's struggling. Ask how you can be helpful, whether it's sitting with them when they're lonely or helping them choose a doctor.

Keep it casual. This is a friend you care about, and we're here to support. Follow our <u>Always Ask steps</u> to guide you through the conversation. Grab a cup of coffee, invite them over for the best Netflix binge, or host a dinner and mention that you're concerned to begin the conversation. Totally cool. Totally casual.

Let them open up at their pace. If they're not ready to talk, let them know that you're here to listen whenever they're ready.

Encourage them to reach out for help. We are here for everyone. Encourage them to text 741741 if they need help. You could even help them save the number in their phone for whenever they are in a hot moment. That way, even when you are not there, we can help them get to cool and calm.

What to Do, How to help or get help

If someone you know exhibits warning signs of suicide:

Do not leave the person alone

Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt

Call/text 988 Suicide and Crisis Lifeline or chat services at suicidepreventionlifeline.org (24/7) Crisis text support also available by texting NAMI to 741741

Take the person or self to an emergency room or seek help by contacting a mental health professional

Trauma-related strategies

- Being aware of your triggers and awareness of negative and positive states
- Breathe slowly and deeply
- Validating your experiences and emotions
- Focus on your five senses
- ·Using a gravity or weighted blanket



10 Self-Soothing Methods







Journaling



Have a good cry



Listen to music



Grounding techniques



Positive self-talk



Cognitive restructuring



Physical contact



Exercise



Mindfulness activities

● PsychCentr

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