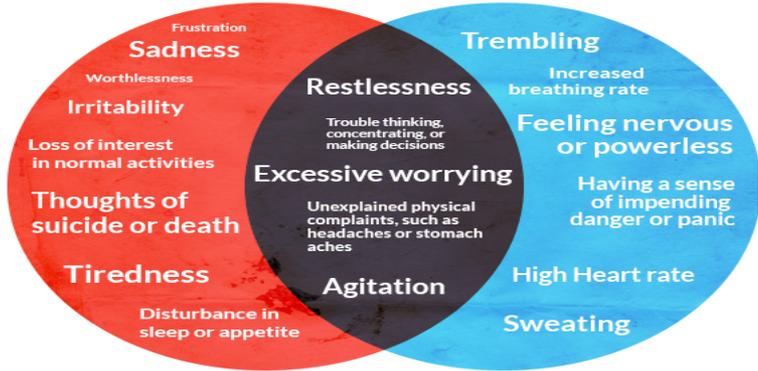


# Depression

# Anxiety



Anxiety.org  
HEALTHCARE BRANDS



# Best of Me 2016

## Mental Health



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# What is Mental Health?



**Mental Health** is a person's condition with regard to their **psychological** and **emotional** and **social well-being**.

This affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood to adolescence through adulthood.



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# Mood Disorders

Everyone experiences “highs” and “lows” in life, but people with mood disorders experience them with greater intensity for longer periods of time than most people.

While we may think of low mood or other challenges as adult problems, they can affect people at any age. Children and teens can also experience mental health issues such as depression and anxiety.

Sometimes the hardest part for people to understand is just how difficult this can be as we may look at the problems through our perspectives or adult eyes. The pressures of life and growing up can be very hard for some people. It is important that we remind ourselves that while a problem may seem unimportant to us, it can feel overwhelming to the person experiencing them.

It is important we take mental health seriously!



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# Various Types of Mental Health Disorders

Depressive Disorder

Anxiety Disorders (Includes Panic/Social/Phobias etc.)

Bipolar Disorder

Borderline Personality Disorder

Persistent Depressive Disorder (Disthymia)

Psychotic Depression

Postpartum Depression

Seasonal Affective Disorder

Cyclothymic Disorder

Disruptive Mood Dysregulation Disorder

Premenstrual Dysphoric Disorder

Schizophrenia

Obsessive Compulsive Disorder (OCD)

Anorexia

Bulimia

Psychosis



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# Anxiety Disorders

What causes Anxiety Disorders is still unknown, as scientists continue their research, it is clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stresses. Studies have shown these may be caused by problems in functioning of brain circuits that regulate fear and other emotions. Studies have shown that people with anxiety disorders have changes in certain brain structures that control memories linked with strong emotions. Other possibilities could be family history(heredity), environmental factors (trauma/significant events)

Statistics show that 1 in 4 Canadians will have at least one anxiety disorder In their lifetime. Making Anxiety the most common Mental Illness in Canada.



# Signs & Symptoms of Anxiety Disorders

Symptoms vary depending on the type of anxiety disorder,  
But general symptoms include:

- Feelings of panic, fear, uneasiness
- Problems sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Heart Palpitations
- An inability to be still and calm
- Dry Mouth
- Numbness or tingling in hands or feet
- Nausea
- Muscle tension
- Dizziness



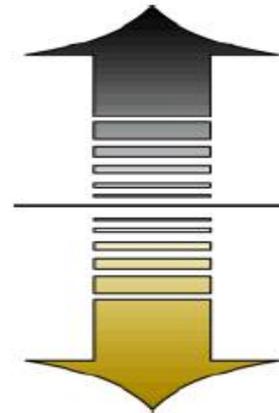
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# What is Depression?



Depression is the leading cause  
Of disability around the world!

Over 350 Million people worldwide  
Are experiencing depression .



**severe mania**

**hypomania (mild to moderate mania)**

**normal/balanced mood**

**mild to moderate depression**

**severe depression**

Depression occurs in a continuum from mild to life threatening. Some mild episodes of Depression may resolve with time, aided by making important adjustments to ones daily Routines and by seeking the support of others.

However, major or clinical depression is very serious, a debilitating illness that intensely Affects how you think, feel and ultimately how you behave. It is a profoundly distressing disorder than can rarely be overcome with out external help.

Each individual experiences depression in his or her own unique manner.

# Signs and Symptoms- Physical

## Common Signs and Symptoms

### Physical Changes

- Changes in appetite - with a resultant loss or weight gain.
- Sleep disturbances- with trouble falling asleep, staying asleep or sleeping too much.
- Sleep, when it comes, is not restorative. Feeling worse in the morning.
- Decreased energy, with feelings of weakness and physical fatigue.
- Some people experience agitation with restlessness and a need to move.
- Phantom pains, headaches, muscle aches and pains, with no known physical cause.
- Gastrointestinal upsets- constipation.



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# Signs and Symptoms –Thoughts

## Changes in Thinking

- Thoughts are slowed, difficulty thinking, concentrating or remembering information.
- Decision-making is difficult and often avoided.
- Obsessive ruminations, sense of impending doom or disaster.
- Preoccupation with perceived failures or personal inadequacies.
- Harshly self critical and unfairly judgmental.
- In extreme cases there can be a loss of touch with reality, perhaps hearing voices (hallucination) or having strange fixed ideas (delusions).
- Persistent thoughts of death, suicide or attempts to hurt oneself.



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# Signs and Symptoms – Feelings

## Changes in Feeling

- Loss of interest in activities that were once a source of pleasure.
- Decreased interest in and enjoyment from sex.
- Feelings of worthlessness, hopelessness, and excessive guilt.
- Deadening or an absence of feelings.
- Sense of overwhelming or impending doom.
- Loss of self-esteem.
- Feeling sad, blue, down in the dumps.
- Unexplained crying for no apparent reason.
- Irritability, impatience, anger and aggressive feelings.



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# Signs and Symptoms –Behaviour

## Changes in Behaviour

- Withdrawal from social, work and leisure activities.
- Avoidance of decision-making.
- Neglecting duties such as housework, gardening, paying bills.
- Decrease in physical activity and exercise.
- Reduced self-care such as personal grooming, eating.
- Increased use of alcohol or drugs (prescription and non prescription)



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# Why Depression Happens

The exact cause may be different for many, and is still being studied by scientists. The following list may be one or a combination of factors that contribute to depression:

- Family History of Depression
- Imbalance of chemicals in the brain
- Difficult life events (Abuse/Neglect/Divorce/Family Violence)
- Gender- Women are 2x more likely to experience depression
- Increase work demands
- Chronic Illness
- Low Income/Living alone/divorce
- Substance abuse



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# Why Depression Happens Cont'd

Recent studies have led to theories that depression may be a result of Inflammation in the body- A kind of Allergic Reaction.

Turhan Canli of Stony Brook University in New York acknowledges that scientists have shifted attention beyond the common belief of chemical imbalances alone, and are shifting their focus to inflammation.

Cytokines and Inflammation are known to skyrocket during depressive episodes and are known to decrease in periods of bipolar remission.

Cytokines set off inflammation in the body which switch the brain into “Sickness” mode. The theory is that infections are most likely the culprit, Going so far as to suggest that depression should be rebranded as an Infectious –although not contagious disease.



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# Why Depression Happens Cont'd

Other clues that support this theory include the fact that people with inflammatory diseases such as Rheumatoid Arthritis tend to suffer more than average rates of depression.

Cancer patients given a drug called Interferon alpha- (a drug which boosts the bodies inflammatory response to help fight cancer) often become depressed as a side effect of the drug. (\*The reality of course that it is known that those fighting chronic illness have already higher rates of depression.)

Other scientists are not willing to go that far mainly because infection is not the only way to set off inflammation. Diets rich in Trans Fats & Sugar have been known to promote inflammation, while healthy diets keep it at bay. It's not a surprise that Obesity rates have been linked to increased depression. belly fat tends to increase levels of cytokines, and the self esteem aspect perpetuates an already high level of stress in our society related to social acceptance and feelings of rejection. It would make it appear as though depression is a so called allergy to modern life.



# Who Mood Disorders Affect?

Mood Disorders not only impacts the person who is suffering from them. They can have a big impact on family, friends, loved ones, coworkers etc. This can be hard on relationships of all kinds.

What makes it so cruel is, that as a depressed persons relationships become strained- to the point where others actively avoid having anything to do with them. This further contributes to a worsening self image and makes the person feel even more isolated, intensifying the depression.

Neurological disorders affect over 450 million people worldwide, and exist in every society in the world today.



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# Depression/Anxiety in Teens

It is important for us to discuss that the age with the highest rates of Depressive/Anxiety symptoms is the Under 20 years age group.

## Symptoms for Teen Depression/Anxiety:

- Crying spells for no reason
- Irritability/Annoyed/Jittery
- Frustrations, feelings of anger even over small matters
- Fixation on past failures
- Poor school performance/frequent absences
- Neglected appearance
- Self Harm/cutting
- Making suicide plan/attempt
- Unexplained illness (Nausea etc)



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# Depression in Teens Cont'd

What is “Normal” and what is not?

It may be hard to tell the difference between life's typical ups and downs vs. depression. It is important to talk to your teen to determine if he/she seems capable of managing challenging feelings or if life seems too overwhelming.

Depression will most likely not improve on its own. Teenage risk of suicide can be high even if signs or symptoms do not appear to be severe.

Talk to a Doctor or trained Mental Health Professional trained to work with adolescents. Your child's school may have recommendations or see the resource list attached.

8/10 people who commit suicide warn family/friends first.

Don't wait to get help!



# What NOT to say...

- What's your problem?
- Will you stop that constant whining?
- Have you gotten tired of all this me-me-me Stuff?
- It's all in your mind
- No one said life was fair
- You just need to give yourself a kick in the rear
- I thought you were stronger than that
- As you get stronger you won't need to wallow in it as much
- Pull yourself up by the bootstraps
- Why don't you just grow up?
- Stop feeling sorry for yourself
- Do you feel better now? (After a 5 min talk)
- What do you have to be depressed about?
- It's a beautiful day
- You have it so good, why aren't you happy?
- Happiness is a choice
- You think "YOU" have problems
- Cheer up!
- Why can't you just be normal?
- You need to get out more
- Everybody has a bad day now and then
- You should get off all those pills



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# What is the RIGHT thing to say?

- I love you
- I care about you
- You are not alone in this
- I'm not going to abandon/leave you
- You matter
- Let me help
- There is hope
- I understand your pain and empathize
- All I want to do is give you a hug and a shoulder to lean on
- I listen to you talk about it and I can't imagine what it is like for you. I just can't imagine how hard it must be
- You are important to me
- I can't fully understand what you are feeling but I can offer my compassion
- If you need a friend...
- You can survive this
- We will get through this together
- Depression is re



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# What to do?

- **Contact your healthcare provider to be referred to a Mental Health Specialist.**

-90% of people never seek treatment.

-80% of people who do get treatment, respond well.

- **Treatment may consist of a combination of the follow:**

-Antidepressant Medication (Serotonin- Norepinephrine Reuptake Inhibitors) (Selective Serotonin Reuptake Inhibitors)

-Psychotherapy (Psychological counseling/Talk Therapy)

-Diet Management & Supplements (clean eating with focus on Omega 3 Fish Oils)

-Chiropractic Care

-Guided Imagery

-Massage Therapy

-Spirituality

-Acupuncture

-Tai Chi

-Music Therapy

-Breathing Exercises

-Meditation

-Yoga

-Exercise

- Supplementation (Speak to your DC about options)



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# ERR



MENTAL HEALTH ANALYSIS

# Resources Available

- [www.depressionhurts.ca](http://www.depressionhurts.ca)
- [www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)
- [info@mooddisorderscanada.ca](mailto:info@mooddisorderscanada.ca)
- 1-519-824-5565 (Mood Disorders Canada)
- [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)
- [www.mentalhealth.gov](http://www.mentalhealth.gov)
- [www.cmha.ca/mentalhealth](http://www.cmha.ca/mentalhealth)
- [www.health.alberta.ca](http://www.health.alberta.ca)
- [www.albertahealthservices.ca](http://www.albertahealthservices.ca)
- [www.obad.ca](http://www.obad.ca)
- [www.scizophrenia.ab.ca](http://www.scizophrenia.ab.ca)
- [www.thesupportnetwork.com](http://www.thesupportnetwork.com)
- [www.getbetterfaster.ca](http://www.getbetterfaster.ca)



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# Help end the STIGMA



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