

# Pathways to Emotional Wellness

Stress, Anxiety and Depression Overview

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# Pathways to Emotional Wellness

- **Welcome**
- **SAD Cycle**
- **Stress, Depression and Anxiety**
- **Relaxation Practice**
- **Self-Care and Treatment Options**
- **Next Steps**
- **Wrap-Up and Class Evaluation**

# Today you will

- **Understand the mind-body connection**
- **Understand causes of depression and anxiety.**
- **Learn about resources.**
- **Complete a set of questions**
- **Develop a personal action plan.**
- **Learn relaxation methods.**

# Check-in

What are current stressors or symptoms you struggle with?

What triggers (issues/problems people deal with) contribute to these symptoms or stressors?

# SAD Cycle

**1. Physical Symptoms-**

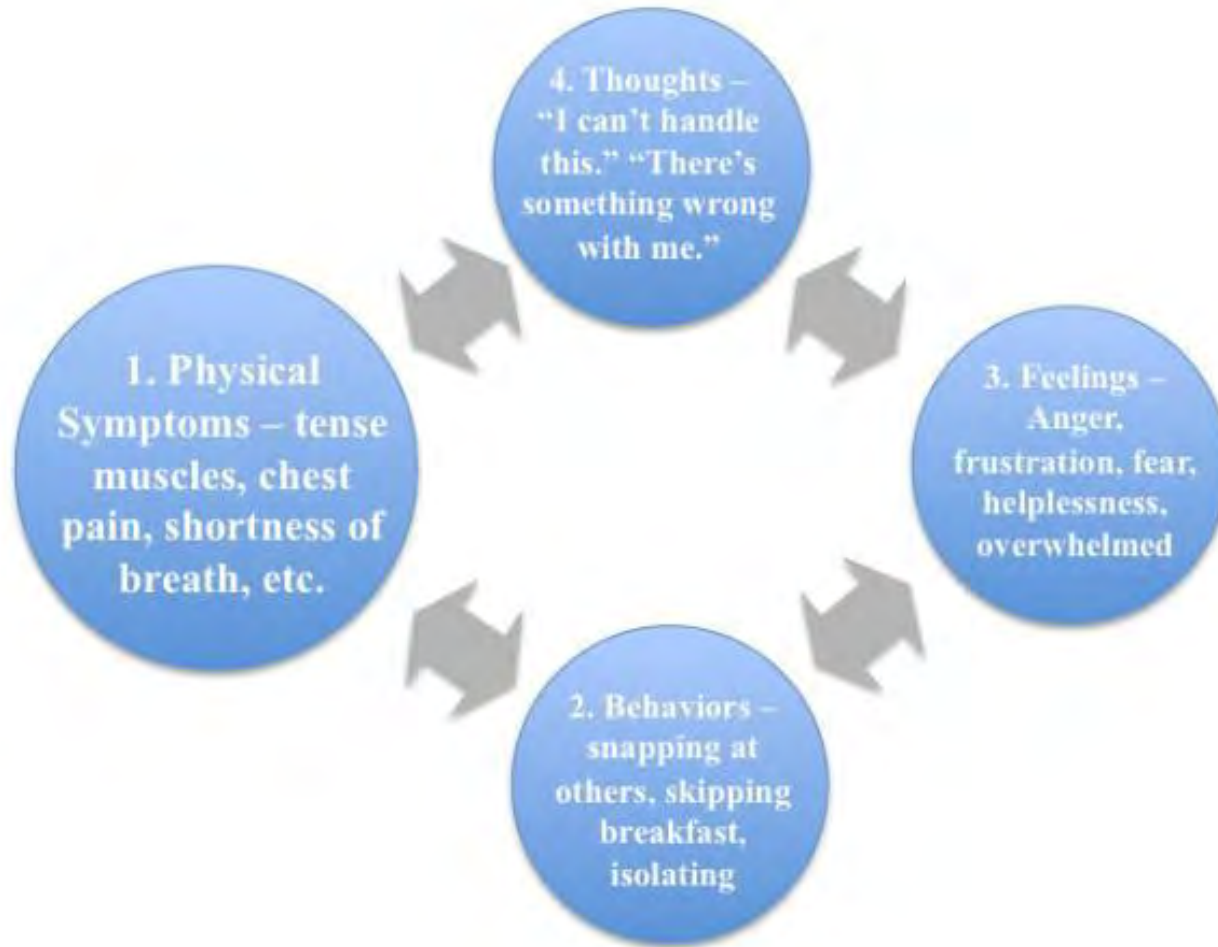
**2. Behaviors-**

**3. Feelings-**

**4. Thoughts-**

**5. Triggers-**

# SAD Cycle



# Which elements can be changed or influenced?

# What Is Stress?

Stress is.....

**a physical and mental reaction to any kind of demand, threat or challenge.**



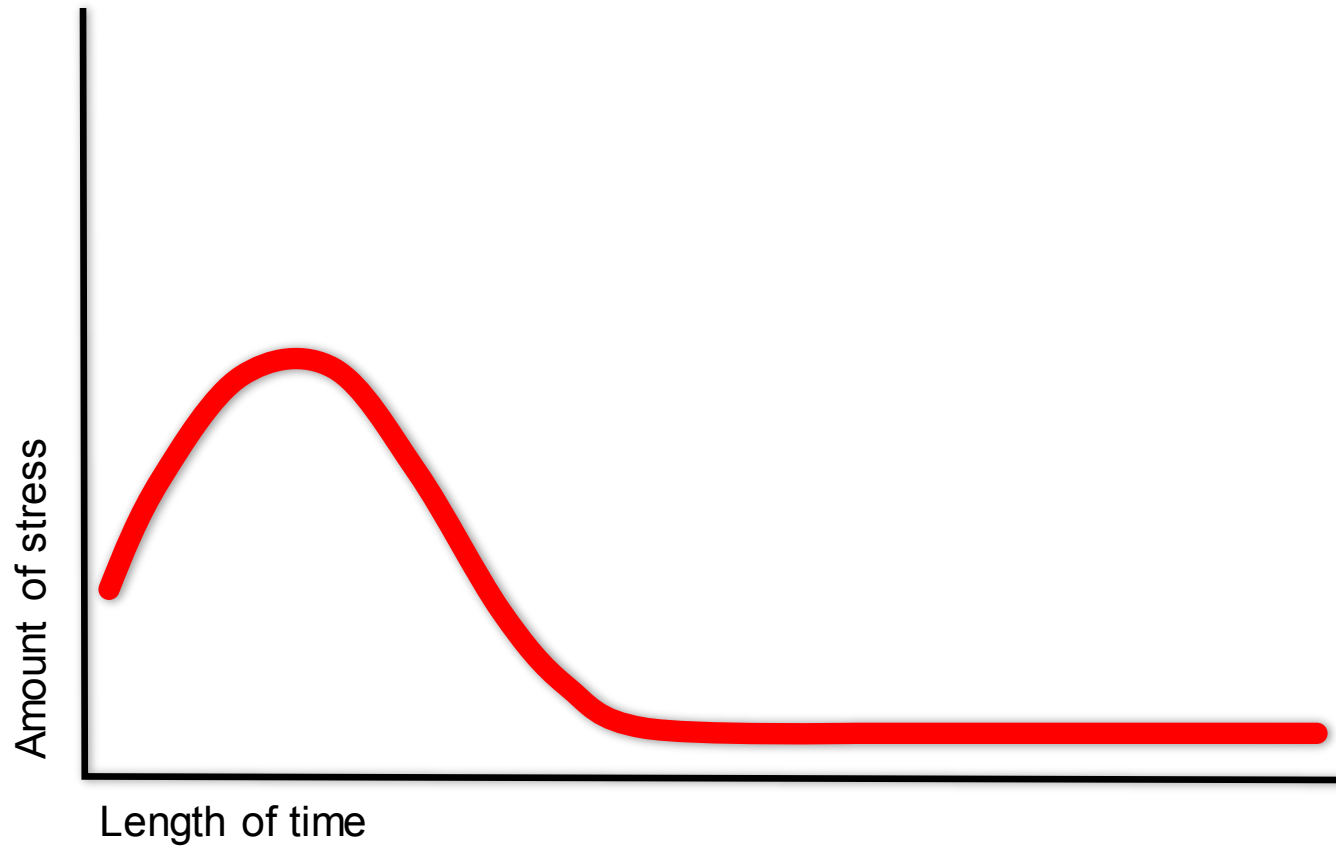


# The Fight-or-Flight Response

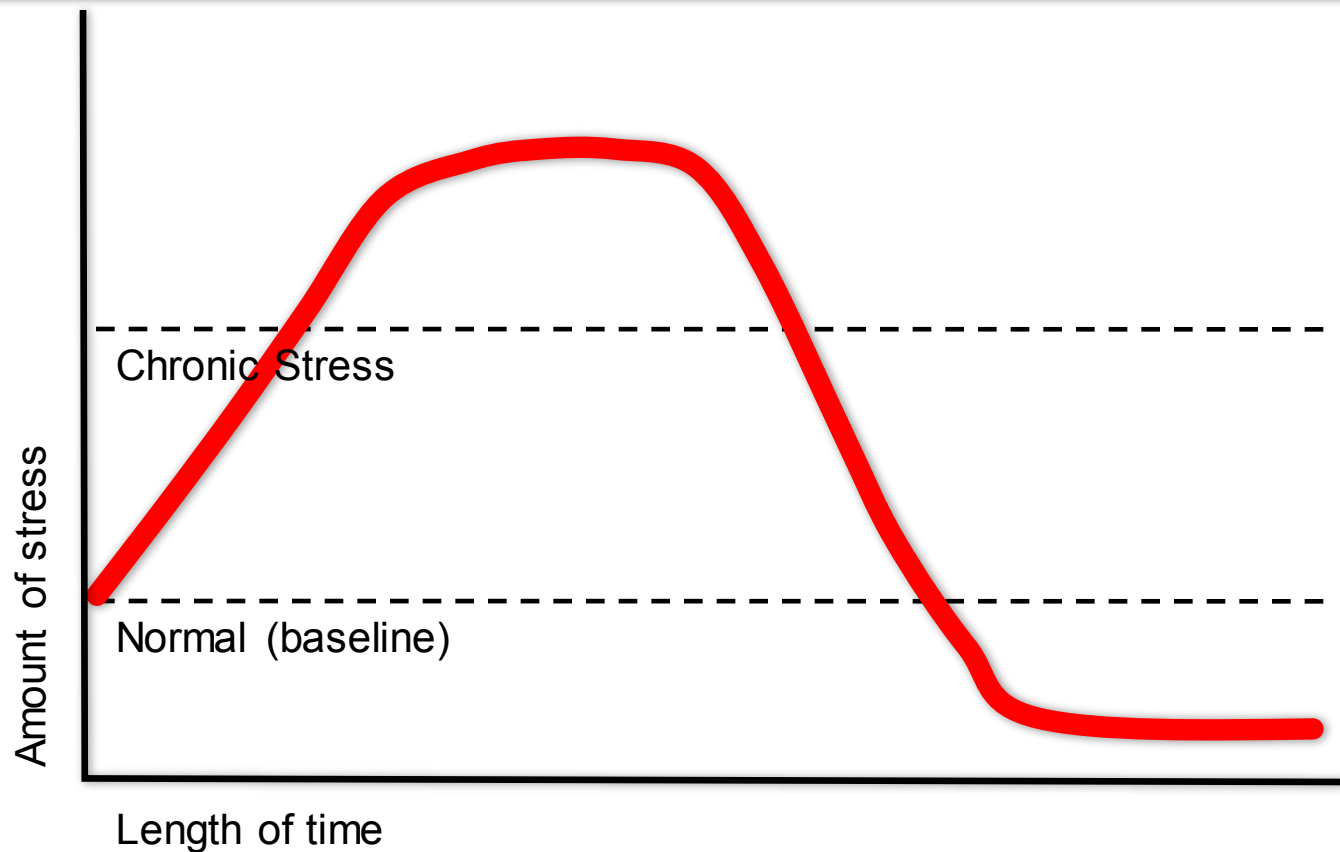
Stress Response (Sympathetic Nervous System)	
↑	heart rate
↑	pulse
↓	blood vessel size
↑	blood pressure
↑	shallow/chest breathing
↓	digestive action
↑	muscle contraction/ tension
↓	skin temperature
↑	release of stress hormones
↑	preoccupied thinking

Relaxation Response (Parasympathetic Nervous System)	
↓	heart rate
↓	pulse
↑	blood vessel size
↓	blood pressure
↑	deep/abdominal breathing
↑	digestive action
↓	muscle contraction/ tension
↑	skin temperature
↑	release of “feel good” hormones
↑	rational thinking

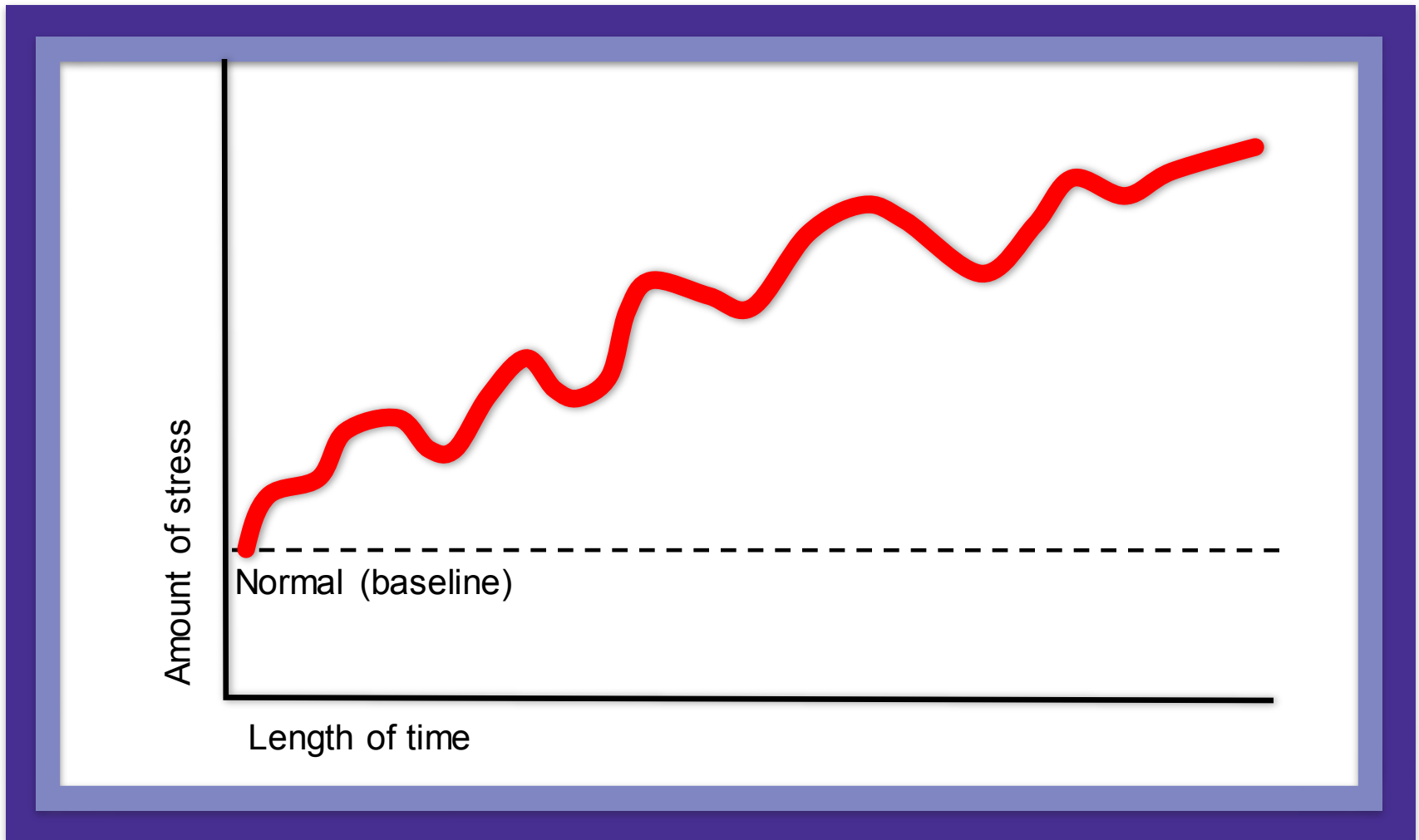
# The “Normal” Stress-Relaxation Cycle



# Chronic Stress



# Stress Escalator



# Freeze

## Instinctual Human Response

- Situation seems to have no escape
- Fight or flight are not options
- Depression and anxiety can be “freeze” responses to being overwhelmed

# What is Depression?

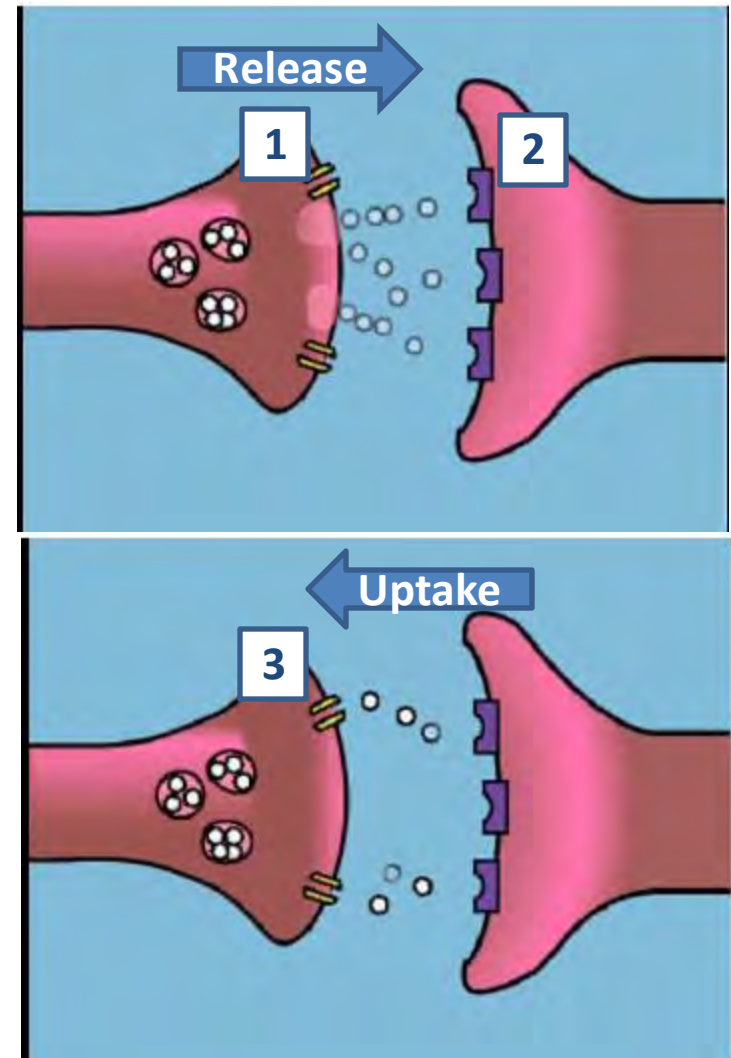
- Depression is a medical condition.
- It is not a personal weakness.
- Depression affects:
  - feelings, thinking, and behavior
  - sleep
  - appetite
  - relationships
  - the ability to think or concentrate.



# Depression and our Brain

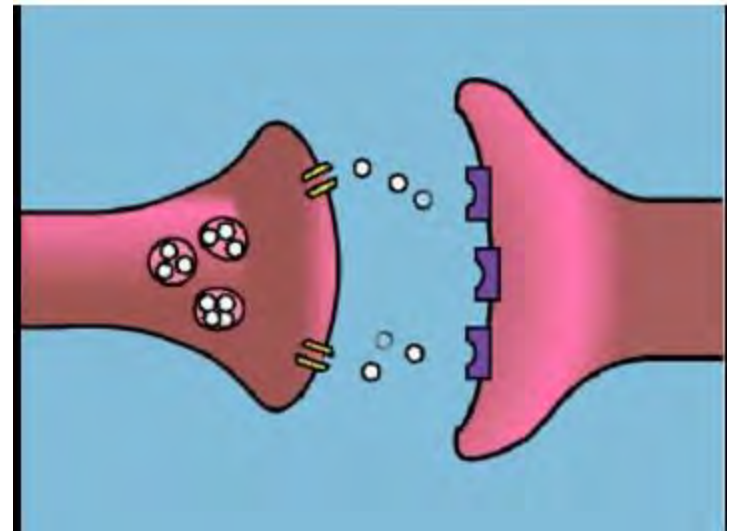
Neurotransmitters carry the signal from one cell to the next.

1. The neurotransmitter is released from the sending cell.
2. It is picked up by the receiving cell.
3. Some of the neurotransmitter is taken back up into the sending cell.



# Depression and our Brain

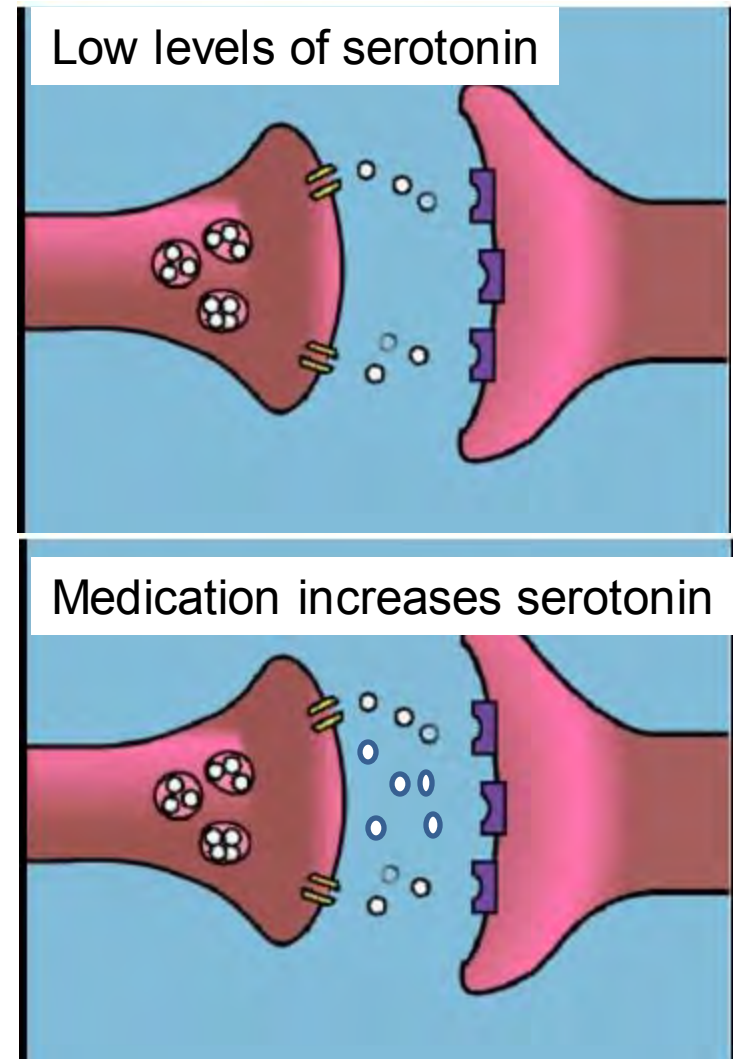
In depression, there are lower levels of the neurotransmitter, serotonin.





# Depression and our Brain

Antidepressants work by slowing the uptake so that more serotonin is available to the nerve cells.



# What is Anxiety?

- Anxiety may be worries, fears, nervousness or panic.
- Anxiety can be healthy
- Anxiety disorders are different from everyday normal anxiety.

# What Causes Depression and Anxiety?

- Brain chemistry
- Genetics
- Illnesses or medical conditions
- Medications
- Misuse of alcohol and or drugs
- Stressful life events

# Adverse Childhood Experiences (ACEs)

*The three types of ACEs include*

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

# Adult Outcomes Questionnaire (AOQ)

**AOQ** 1.4DV3 – pc 6.7.13

Name \_\_\_\_\_ Kaiser # \_\_\_\_\_ Date \_\_\_\_\_

**Patient Health Questionnaire (PHQ-9\*)**  
Over the last two weeks, how often have you been bothered by any of the following problems? (Circle only one number per line)

	Not at all	Several Days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed or hopeless.	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3

\*The numbers are ordered in ascending order of severity, except for item 9, which is ordered in descending order of severity.

Add the circled numbers in each column, then add the sums: 0 +    =  A

10. Feeling nervous, anxious or on edge.	0	1	2	3
11. Not being able to stop or control worrying.	0	1	2	3
12. Feeling unproductive at work or other daily activities.	0	1	2	3
13. Having trouble focusing on achieving your goals.	0	1	2	3

Add the circled numbers in each column, then add the sums: 0 +    =  B

**Global Distress Score: Total (A + B) =**

**Relationship Review:** Many health problems can be affected by stress in your relationships. Making the connection can help you take steps towards better health.

1. Are you currently in a relationship where your partner hits, slaps, kicks, or hurts you?	Yes	No	Prefer not to answer
2. Are you currently in a relationship where you feel threatened by your partner?	Yes	No	Prefer not to answer
3. Have you ever had a partner who physically hurt or threatened you?	Yes	No	Prefer not to answer

# AOQ Scoring

Global Distress Score	Severity Level	Action
0-5	None	Health Ed classes, My Doctor Online
6 – 10	Mild	Health Ed classes, My Doctor Online
11 – 20	Moderate distress	Self monitor and get evaluation if no change or worse. Health Ed classes, My Doctor Online
21 - 30	Severe distress	Evaluation by your doctor or a counselor is <b>strongly</b> recommended.
31 - 39	Very severe distress	Referral to Psychiatry



**TAKE A BREAK**

# Ways to Cope



- Take action
- Reduce stress on the physical body
- Change your thought patterns



# Self Care



- Healthy eating
- Exercise
- Sleep
- Relaxation
- Meditation
- Mindfulness
- Healthy Thinking
- Pleasant Activities

# What do YOU do for self-care?



# Treatment Options: Self-Care

## **S-P-E-A-K-U-P**

- **S**chedule
- **P**leasant Activities
- **E**xercise
- **A**void Alcohol and Drugs
- **K**ind Thoughts
- **U**nwind
- **P**actice Assertiveness



# Treatment Options: Education

## HEALTH EDUCATION CLASSES

- Mind Body Medicine for Stress
- Managing Depression Series
- Understanding Anxiety Series
- Improving your Sleep



**TO REGISTER OR FOR INFORMATION CALL THE  
HEALTH EDUCATION DEPARTMENT.**

# Treatment Options - Counseling

- **Personalized Education and Counseling**
  - Clinical Health Educators
  - Behavioral Medicine Specialists
  - Department Of Psychiatry
  - Wellness Coaches
- **Medications**
  - Email your doctor or call for an appointment
  - Make an appointment with psychiatry



# Treatment Options: ONLINE RESOURCES

- ❑ [www.kp.org/mydoctor](http://www.kp.org/mydoctor) and click on the “Staying Healthy”.
- ❑ [www.kp.org/mindbody](http://www.kp.org/mindbody) and click on “Health and Wellness” and the “Emotional Wellness” tab.



[www.kp.org/mydoctor](http://www.kp.org/mydoctor)



[Our Doctors](#)

**Staying Healthy**

[Salud en español](#)

[Sign On](#)



Staying Healthy 

Stay Connected  
with Your Doctor

### Manage & Schedule

[Prescriptions](#)  
[Appointments](#)

### View Information

[Test results](#)  
[Immunization record](#)  
[Past visits](#)  
[Hospital stays](#)

### E-mail Your Doctor

[Compose message](#)  
[View messages](#)

### Preventive Health Reminders

[Screening tests and immunizations](#)

### Manage Your Family's Health

[Learn how](#)  
[Set up access](#)

## Staying Healthy

You can stay healthy by moving more, eating well, not smoking, limiting alcohol, and managing stress. We're here to help you with these important lifestyle choices and to support you in mind, body and spirit.



### Health Topics

[Complementary and Alternative Medicine](#)  
[Ergonomics](#)  
[Exercise](#)  
[Healthy Eating](#)  
[Healthy Environment](#)  
[Healthy Relationships](#)  
[Healthy Weight](#)  
[Life Care Planning](#)  
[Quitting Tobacco](#)

### Lifestages

[Pregnancy](#)  
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### Featured Health Tools



[Online Newsletters for Parents](#)



# Relaxation Exercise



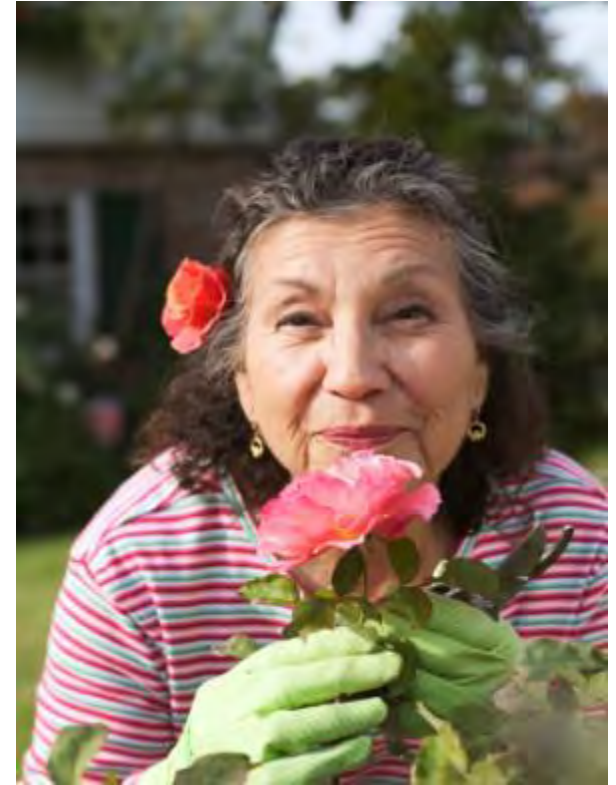
**“Smell the flower, blow out the candle”**



# Wrap-Up

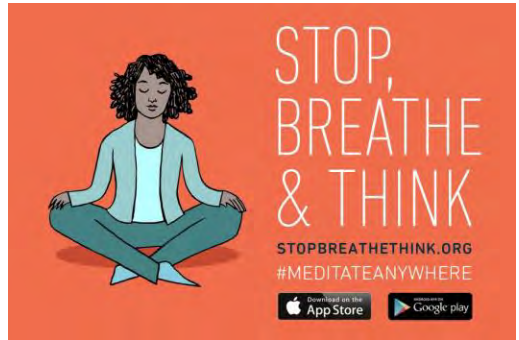
**Personal Action Plan for  
next steps**

**Class Evaluation**



# Wrap-Up

**Congratulations on taking the first steps toward success!!**



# Questions/ Reflections

