

# EMOTIONAL INTELLIGENCE TRAINING

*Dealing with Depression*



# What is Depression?

- A complex medical illness of the brain.
- It impacts most every area of your life.
- It varies in degrees from mild to severe.
- It strikes every socio-economic class and every age group, including children.
- A proper diagnosis by a professional will help you identify what specific issues are contributing to your depression.



# What are the statistics?

- 1 in 15 adults experience depression in any given year.
- Women ~ 20 to 25% have depressive symptoms in their lifetime.
- It is estimated that 33% of women experience at least one major depressive episode.
- Women between age of 40-59 have the highest rate of depression. This is 12.3% of this age group.
- Men: 7-12%
- 1 in 6 Americans experience depression at some point in life.
- The Good News depression is very treatable.
- 80-90% of people with depression respond well to treatment.



# What are adolescent statistics on depression?

- 2017-3.2 million individuals ages 12-17 with at least 1 major depressive episode, which is 13.3% of population.
- Females 20% and Males 6.8% of population
- High School students are twice as likely to see a mental health professional for depression than other age groups
- Between 20-50% of teens suffering from depression have a family member with depression or some other mental disorder.
- Approximately 2/3 of teens with major depression also battle another mood disorder, like dysthymia, anxiety, antisocial behaviors, and substance abuse.



# Are there different types of depression?

- Major depressive disorder
- Seasonal affective disorder
- Postpartum depression
- Premenstrual dysphoric disorder
- Persistent depressive disorder
- Bipolar disorder
- Psychotic disorder
- Depressive disorder due to a medical condition



# What are the myths about depression?

- It is a sign of personal weakness.
- It is solely a spiritual problem.
- Nothing can be done about it.
- You should ignore it or snap out of it.
- Treatment is worse than the disease.
- Christians are not susceptible to depression.



# What are the common symptoms of depression?

- Constant sadness for 2+ weeks
- Impairment of ability to function at work, relationships, school
- Impairment in physical function



# What are common symptoms of depression in adolescents?

- Apathy
- Change in weight/appetite
- Fatigue or insomnia
- Substance use
- Running away
- Headaches
- Sadness/Feelings of Hopelessness
- Mood Swings
- Boredom/lack of motivation
- Social withdrawal/isolation and Social Discomfort
- Loneliness
- Anger/irritability
- Inability to concentrate
- Irresponsible behavior
- Self-critical
- Thinking about death, writing about death, “joking” about death



# What are the social and economic factors involved with depression?

## *Common examples of life events that can trigger depression*

- Grief and loss
- Marital Issue
- Financial problems
- Chaotic, unsafe, violent home life
- Changes
- Social isolation and lack of social network and support system
- Unmet expectations
- Bullying and harassment
- Learned helplessness
- Experiencing serious trauma/exposure to serious trauma



# What are the social and economic issues that effect adolescents?

## **Social**

- Parent separation/divorce
- Sports
- Loss of family member/friend
- Social Media
- Violent Video Games
- Academic Problems
- Power struggle with parents/parentified

## **Economic**

- Poverty
- Moving due to financial or family dynamic changes
- Unable to access resources



# Can “normal” situations develop into depression?

- Medical issues may be the cause of up to 15% of all depressions.
- **Postpartum depression** - up to 85% of women experience ‘baby blues’ during the first 2 weeks after childbirth.
  - Requires treatment
  - Increased chance of reoccurrence in subsequent deliveries
  - More than 400,000 infants each year are born to mothers who are depressed.



## *Chronic illnesses*

- Cancer
- Coronary Heart Disease
- Diabetes
- Epilepsy
- Multiple Sclerosis
- HIV/AIDS
- Lupus
- Rheumatoid Arthritis



## **Degenerative Neurological Disorders**

- Stroke
- Parkinson's
- Huntington's
- Alzheimer's
- Traumatic Brain Injury

## **Infectious Diseases**

- West Nile Virus
- Lyme's Disease
- Hepatitis C
- Mononucleosis



## *Other illnesses associated with depression*

- Chronic pain
- Ongoing back issues
- Chronic fatigue
- Fibromyalgia
- Multiple chemical sensitivities
- IBS
- Bone density problems
- Wilson's disease
- Thyroid disease
- Adrenal gland issues
- Addison's disease
- Anemia
- Liver disease
- Sleep apnea
- Menopause and other hormonal issues
- Vitamin D&B deficiency
- Prescription drug side effects



# What are the causes of depression in adolescents?

- Hormones
- Inherited traits
- Early childhood trauma
- Having a learning disability or ADHD
- Poor nutrition
- Overly high expectations placed on teens



# What are the treatment options for depression?

- Prescription medication
- Diet and exercise
- Sleep
- Vitamin supplements
  - B-Complex, D, Omega 3 fatty acids
- Psychotherapy
- Counseling
- Prayer



# What are the treatment options for adolescents.

- Medication management
- Outpatient therapy
  - CBT, MET, DBT, ECT
  - Aroma therapy
- PRP
- Sand tray therapy
- Art therapy



# DEPRESSION

*A personal journey*



# How do we achieve Shalom?

## **Abide in God**

- Fulfill your purpose in God
- Find your worth in God
- Find relationship with God
- Fill yourself with the Holy Spirit
- Do not concern yourself with worldly things
- Trust God's provision
- Obey God's commands



# How do we abide in God?

- Repent of sins
- Guard your mind from ungodly influence
- Seek God daily
  - Daily prayer
  - Daily Bible study



# What are the truths about depression?

- Depression is very physical
- Depression can be caused by various medical problems
- The brain plays by the same rules medically as other organs in the body
- Depression is very debilitating
- Depression is highly stigmatizing
- Depression tends to be recurrent without treatment
- Depression is not consistently related to your level of spiritual maturity



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