

Understanding Depression And Anxiety



Depression



Anxiety

Presented By: CCC Mental Health Ministry

Objective

- Understanding Depression & Anxiety
- Signs & Symptoms of Depression & Anxiety
- Understanding Signs and Symptoms of Suicidal Ideation
- Treatment
- How to get help



How Are Christians Affected by Depression

- Experiencing depression is more stigmatized amongst believers than even in the general public.
- Depression is often viewed as a failure of faith rather than an illness.
- The concept of depression as a spiritual failure may lead people to avoid acknowledging depressed thoughts and feelings.
- Lack of knowledge about the symptoms of this illness may mean that people are unaware they are suffering a physical illness.
- The negative thinking toward depression means depressed people blame themselves, their lack of faith, or view themselves as unacceptable to God.
- “Religious people: may avoid seeking medical/ psychotherapeutic help for a medical issue if they view it as spiritual shame.

How are Christians Affected by Anxiety



- The bible teaches that fear of the unknown shows a lack of faith in God.
- Everything is supposed to be the result of God's plan. If you're allowing yourself to be overcome by anxiety and fear, then you're showing that you don't have trust in God.
- Many people also have personal fears that affect them.
- People may feel their personal fears go against the belief in God, when God has a plan for you.
- Personal fears can be hard to control.
- Some people are in fear of being guilty of religious failure and their efforts to live accordingly isn't good enough and in a direct violation of God.

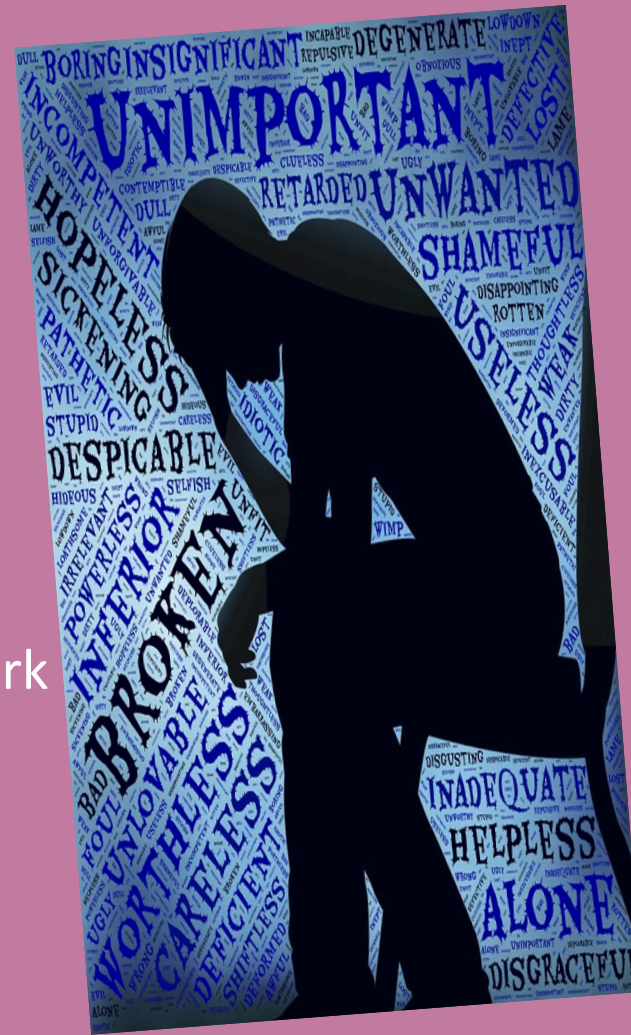
What Is Depression?

- Depression is a disease!
- A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.
- Can occur at any age (50% begin by age 14)
- Varies types of depression: **Persistent depressive disorder, Postpartum depression, Psychotic depression, Seasonal affective disorder, Bipolar disorder.**
- Depression is NOT divine punishment.
- Depression is NOT anybody's fault.
- Depression is NOT the result of bad parenting.
- Depression is NOT caused by weakness or lack of willpower.



Risk Factors For Depression

- Medical Illness
- Bereavement
- Financial Difficulties
- Isolation; dissatisfaction with self
- Substance Abuse; Medication social network
- Prior or untreated depressive episodes
- Feelings of alienation from God



What is Anxiety?

Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

People with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations.

Anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

Risk Factors For Anxiety

- Presence of several chronic medical conditions
- Physical limitation in daily activities
- Stressful life events
- Being single, divorced, or widowed
- Adverse events childhood
- Constant worrying about everyday life events

Symptoms of Anxiety

- Feelings of panic, fear, and uneasiness
- Problems sleeping
- Cold or sweaty hands or feet
- Shortness of breath
- Heart palpitations
- Not being able to be still and calm
- Dry mouth
- Stomach aches
- Panic attacks



Suicide Among the Religions

Among the most common faith groups in the US:

- Protestants have the highest suicide rates
- Roman Catholics are next
- Jews have the lowest

Suicidal ideation, also known as suicidal thoughts, is thinking about or having an unusual preoccupation with suicide. The range of suicidal ideation varies greatly from fleeting thoughts, to extensive thoughts, to detailed planning, role playing, and incomplete attempts. These attempts may be deliberately constructed to fail garner attention, or result in death.

1 million
people die each year
from suicide globally.

Risk Factors for Suicide

- Biological, physical, social, and psychological pathology.
- A family history of suicide increases risks by 6 times.
- Access to firearms -people who use firearms in their suicide attempts are more likely to die.
- A significant loss by death, separation, divorce, moving, or breaking up with a partner can be a trigger.
- Social isolation- being rejected or bullied
- Substance abuse

Treatment



- Therapy /Speak honestly about your symptoms with people you trust.
- Medication/ “The Happy Pill”
- Physical activity & diet
- Socialization
- Prayer/Spiritual meditation in conjunction with treatment
- SLEEP!!! 6-8 hours
- BE YOUR GREATEST ADVOCATE!!!

How to get Help

- CCC Mental Health Ministry 301.799.3990/Email: mentalhealthsupport@ColumbiaCCmd.org
- Grassroots Crisis Intervention Center 410.531.6677 1
- Maryland Crisis Hotline 1.855.973.9368
- Employee Assistance Programs
- NAMI Howard County 410.772.9300

FAITH & SPIRITUALITY



Faith and spirituality can greatly help in the recovery process. If spirituality is an important part of your life, your spiritual practices can be a strong part of your treatment plan. Talk to your doctors about how important your faith is to you, and spend time in prayer and worship focused on healing.