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Managing the Blues



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Overview

- Depression 101
- Holiday Blues
- Seasonal Affective Disorder (SAD)
- Strategies to move forward



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SECTION 1

Depression

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Depression 101

1. Depression is a disturbance in someone's mood
2. Usually involves a feeling of sadness, lack of physical and emotional energy, and a loss of interest in things that used to bring pleasure
3. Depression is one of the most common emotional problems
4. Depression is very treatable
5. Dysthymia or a low level depression also exists



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What is Depression?

- A depressed or irritable mood most of the time
- A loss or decrease of pleasure or interest in most activities, including ones that had been interesting or pleasurable previously
- Significant changes in weight or appetite
- Disturbances in falling asleep and sleeping too much.



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What is Depression?

- Feeling slowed down or restless most days
- Feeling tired, sluggish, and low energy most days
- Having feelings of worthless or excessive guilt most days
- Experiencing problems with thinking, focus, concentration and creativity and the ability to make decisions most days
- Having thoughts of dying or suicide



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Those who are depressed often feel alone





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Sadness Verses Depression

- Normal sadness passes in a reasonable amount of time
- Depression lasts longer and feels deeper than normal sadness.
- May cause one to feel very bad about themselves & hopeless about the future
- May affect your thoughts, your behavior, your appetite, or your ability to sleep
- Depression may cause you to see reality in a distorted way, as if everything is negative and difficult, and problems may appear to be bigger than you can bear.



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Does this look familiar?





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Help Is Always Available

- Major depression can lead to suicidal thought and actions – help is always available
- National Suicide hotline: 1-800-273-TALK



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SECTION 2

The Holiday Blues



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The Holiday Blues

- Holidays can trigger many feelings and concerns related to current stressors
 - Financial stress
 - First holiday without a loved one
 - Future holidays without a loved one
 - Change in traditions
 - Other life changes - relocation, divorce
 - Separation from family or friends
 - Working the holiday





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Holidays Can Amplify Depression

Holiday pressure may create:

- More fatigue than usual
- Lost interest in things that usually bring joy
- Difficulty concentrating
- Lost productivity
- Unrealistic expectations of self and others
- Over commitment



Photo by Elena Shashkina



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Symptoms of Depression and Blues

- Headaches, back aches, stomach issues
- Difficulty sleeping or oversleeping
- Change in eating habits – more food choices
- Crying spells
- Mood swings and irritability
- Lethargy
- Withdrawal



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Post Holiday Blues

- After the hustle and bustle may feel a let down
- Seasonal affective disorder may be an issue
- Departure of family or friends
- Routines resume
- The weather may be bleak and cold



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Bleek, cold days influence how we feel



*Nature... discards her
floral trimmings in
obedience to a reign of
tyrannical ice!*

—James Lendall Basford



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Ways to Cope

- Limit or avoid alcohol and sleep aids, other chemicals
- Get routine sleep
- Say no and stay firm
- Be open to new traditions
- Get grief support if needed
- Spend time with family and friends





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Ways to Cope

- Exercise regularly
- Do something new
- Avoid overeating
- Practice mindfulness
- Talk it out with others
- Laugh and have some fun



Photo by Liz Kaye, Indiana University



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What to do?

- If symptoms persist see an MD and/or a Therapist
- Some depression might be due to medical conditions:
 - Underactive Thyroid
 - Low Blood Sugar
 - Chronic Viral Illness
 - Chronic Fatigue Syndrome
 - other illnesses



Photo Courtesy of Indiana University School of Medicine



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Seasons Change and so do we...



Whoever wishes to pursue the science of medicine in a direct manner must first investigate the seasons of the year and what occurs to them.

--Hippocrates

Four seasons fill the measure of the year; There are four seasons in the mind of man.

--John Keats



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SECTION 3

Seasonal Affective Disorder



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Seasonal Affective Disorder (SAD)

- Approximately 10 million Americans have SAD
- More prominent in areas with less light
- Generally noticed during 4 months of fall and winter
- Looks similar to Depression
- Looks similar to Holiday Blues





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Signs and Symptoms of SAD

- Reduces energy
- Increased eating- especially carb cravings
- Disturbed sleep
- Lowered sex drive
- Thinking problems- difficulty concentrating and processing information
- Mood problems- especially depression
- Body aches and pains



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What works for SAD?



- Light Therapy or Photo Therapy
- Behavioral Therapy
- Medication
- Mindfulness and Meditation
- Exercise
- Travel



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Light Therapy or Photo Therapy

- Bright light therapy is a common treatment for SAD and circadian rhythm disorders
- Use bright white “full spectrum” light at 10,000 lux, sitting at a distance of 30-60 cm with eyes open but not staring at the light for 20 or more minutes
- Or exposure to sunlight
- Regular daily usage at the same time is best



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A variety of lamps are available





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Light Therapy

- Get a proper light (full spectrum light)
- Try for 20 to 90 minutes per day
- Have light shining on eye area, but not directly
- Try to get light therapy in the mornings



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Vitamin D can help

- Low amounts of Vitamin D were found in folks diagnosed with SAD
- Vitamin D is associated with the production of serotonin and dopamine
- We usually get Vitamin D through exposure to sunlight and through diet
- **NOTE:** Vitamin D is fat-soluble and can reach toxic levels if too much is taken—consult your doctor for dosing
 - Not an effective treatment on it's own





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Treatment

- EAP or Behavioral Health Counseling
 - Group therapy
 - Social support groups
 - Anti-depressants
-
- SAD is now found in the DSM V under depression as a specifier “with seasonal pattern.”





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Group Verses Individual Therapy





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Relaxation and Focus





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Exercise



- A proven antidepressant
- Promotes weight control
- Find a buddy – accountability and social benefit
- Make it fun – create an activity worksheet
- Walk, jog, swim, bike, dance, yoga, Tai Chi

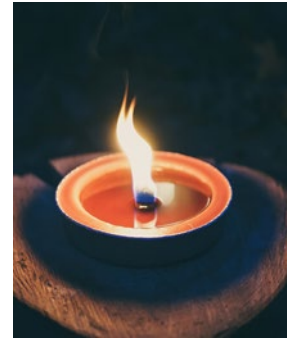


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Koselig (pronounced Koosh-lee)

- *Koselig* is a Norwegian word with no direct translation
- “More than anything else, *koselig* is a feeling: that of coziness, intimacy, warmth, happiness, being content.”





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Travel

- Bright and sunny destination
- The impact of a changed temporary location
- Similar to phototherapy
- Added benefits: Increasing physical activity, re-setting your biological clock, removing you from stressful situations





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Nature is Restorative: Connect





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Re-engagement once you get help

- Tips for re-engagement at work:
 - Make a decision to re-engage
 - Find something of interest to focus on
 - Determine what you can and cannot control
 - Learn something new





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Re-engagement once you get help

- Get out of your comfort zone
 - Focus on how you can contribute to your team & organization
 - Focus on doing even better than good
 - Develop a positive attitude
 - Offer suggestions to your team
 - Volunteer to lead something



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Resources

- IU Employee Assistance Program (IUEAP) 1-888-234-8327
- Healthy IU
 - Mental Health & Substance Use Support website
 - <http://go.iu.edu/2bGH>
 - Mental Well-being
 - <http://go.iu.edu/2cBX>
- Family Medical Doctor
- Behavioral Care
 - Counseling
 - Groups
 - Psychiatry if needed



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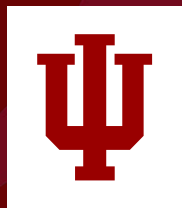
Thank You

Employee Assistance Program

Appointment Line:

1-888-234-8327

Many offices and hours to serve your needs!



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