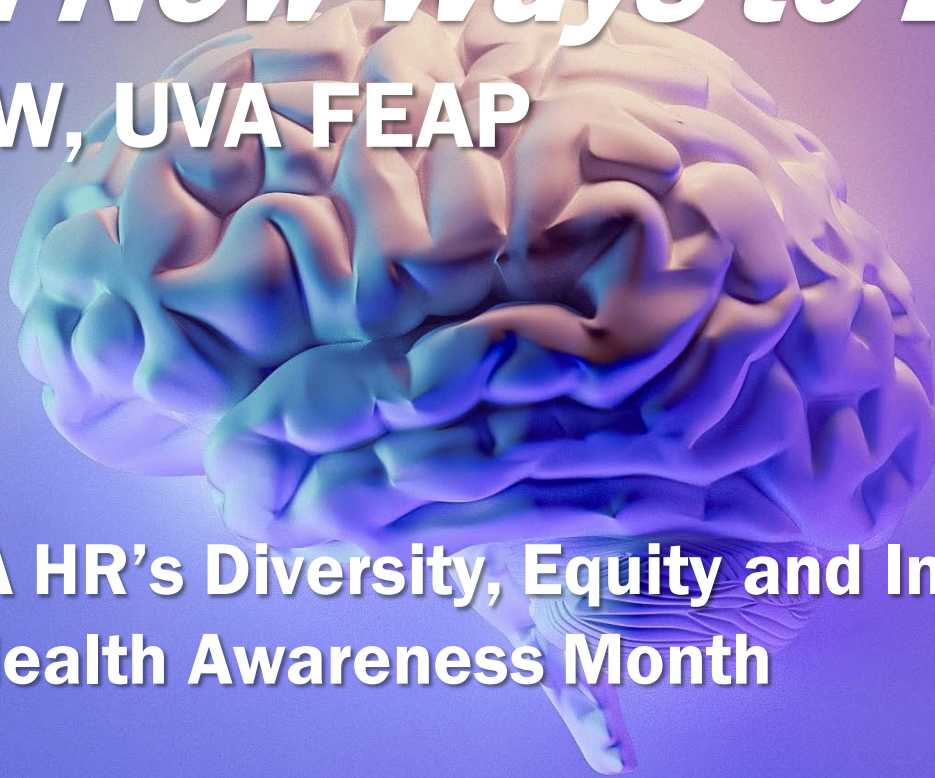


Welcome! The webinar will begin at 3:30pm.

Relating in New Ways to Depression

Ken Horne, LCSW, UVA FEAP



**Co-presented by UVA HR's Diversity, Equity and Inclusion Committee,
in honor of Mental Health Awareness Month**



Entry music: Reflections by [Blue Dot Sessions](#) from the [Free Music Archive](#), CC BY NC

Photo by [Fakurian Arts](#) on [Unsplash](#)



UNIVERSITY of VIRGINIA

Faculty & Employee
**ASSISTANCE
PROGRAM**

Relating in New Ways to Depression

Ken Horne, LCSW

Faculty & Employee Assistance Program

May, 2021

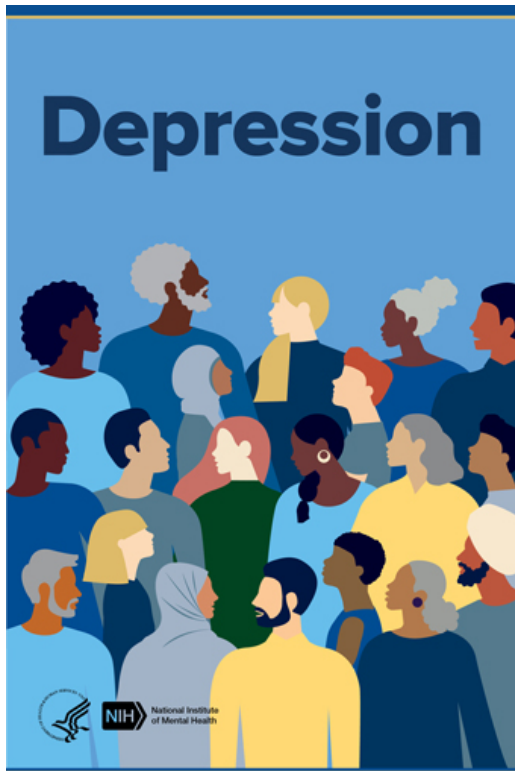




Relating in New Ways

1. Defining Depression
2. Lifestyle Changes
3. Cognitive Approaches
4. Behavioral Activation
5. Mindfulness Approaches
6. Review & Wrap-up

Goal of one
takeaway



Depression

- Sadness vs. Depression
- Mood Disorder (Psychology) – Not the full story...
- BIO-PSYCHO-SOCIAL understanding is important
- Primary Treatments: Medication & Psychotherapy



Depression Defined



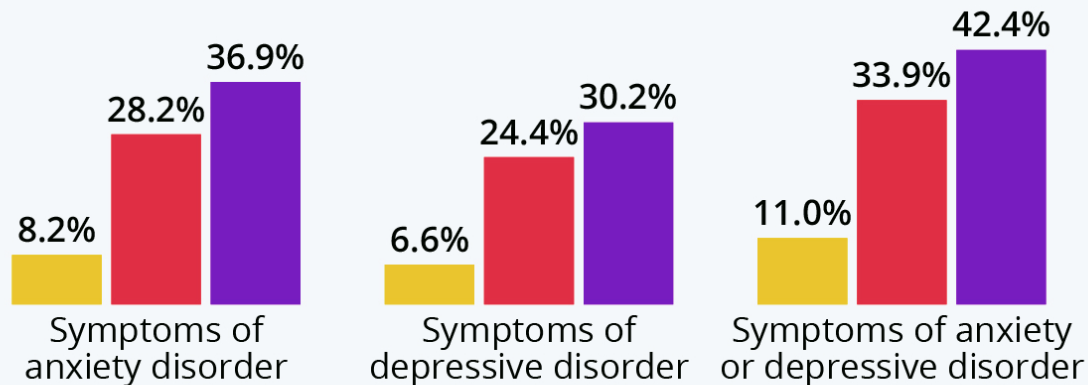
- Depressed (low) mood most of the day
- Diminished interest or pleasure in all or most activities
- Significant weight loss or weight gain, or increase/decrease in appetite
- Slowing down of physical movement
- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate, or indecisiveness
- Recurring thoughts of death or suicidal ideation

POLL QUESTION #1

Pandemic Causes Spike in Anxiety & Depression

% of U.S. adults showing symptoms of anxiety and/or depressive disorder*

■ January-June 2019 ■ May 14-19, 2020 ■ December 9-21, 2020



* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau



statista

Languishing

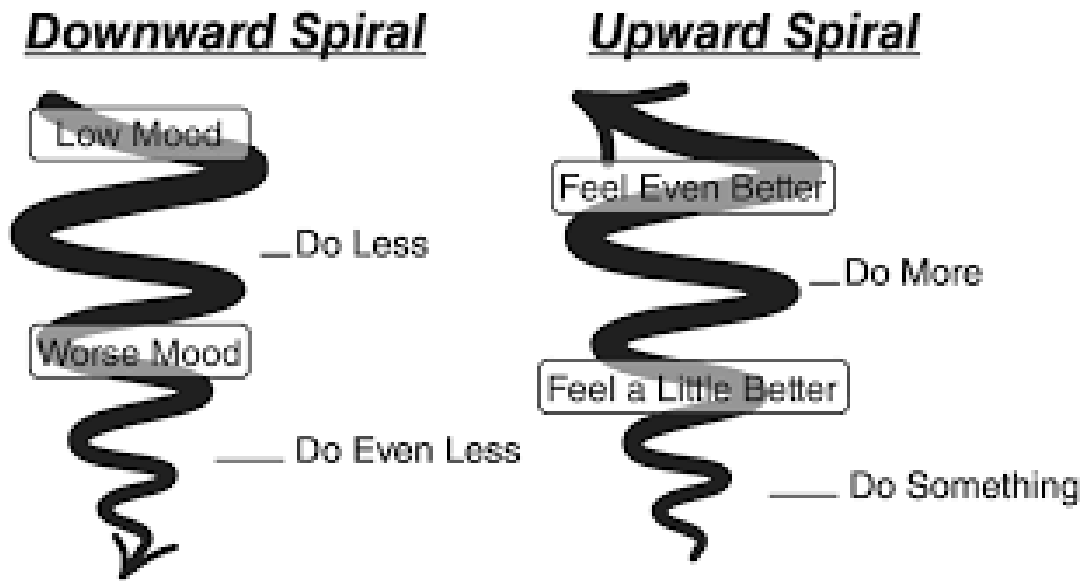
- Sociologist Corey Keyes, PhD
- Void between Depression and Flourishing
- Generally joyless and/or aimless
- Stagnant, empty, fatigued, sad
- Dulled motivation, disrupted focus, reduced efficiency & resilience
- Don't meet full criteria for official Depression diagnosis, but well-being is no where near thriving either
- More common than Depression – potential slippery slope into Depression, Anxiety, and PTSD
- “There’s a Name for the Blah You’re Feeling: It’s Called Languishing” by Adam Grant (New York Times, April 2021)



POLL QUESTION #2

THEME: Emphasis on Habits

The human brain is a pattern-making machine



The same neuroscience applies whether we are practicing a downward spiral or an upward spiral

POLL QUESTION #3

MEDICATION



- Approximately 50% of people benefit from medication
- Most effective for severe depression
- Brings the floor up on the most debilitating effects of depression
- Many people don't respond and/or experience negative side effects
- Behavioral activation and lifestyle changes, such as exercise, have been shown to be just as effective as medication and psychotherapy

FOUR OPTIONS FOR MANAGING MOODS



LIFESTYLE – Anti-depressant changes to daily schedule

COGNITIVE – Intervene at the level of thought

BEHAVIORAL – Mood and motivation shifts follow action

MINDFULNESS – Create space around thoughts to reduce identification

Depression: A Disease of Modernity



- Increased prevalence despite advanced pharmacology and higher numbers of people taking medications
- Evolutionary mismatch between past human environments and modern-day living may be central to rising rates of depression
- Important behavior and lifestyle findings from Hunter-Gatherer ancestors



“Human beings were never designed for the sedentary, indoor, sleep-deprived, socially isolated, fast-food-laden, screen-addicted, frenzied pace of twenty-first century life.”

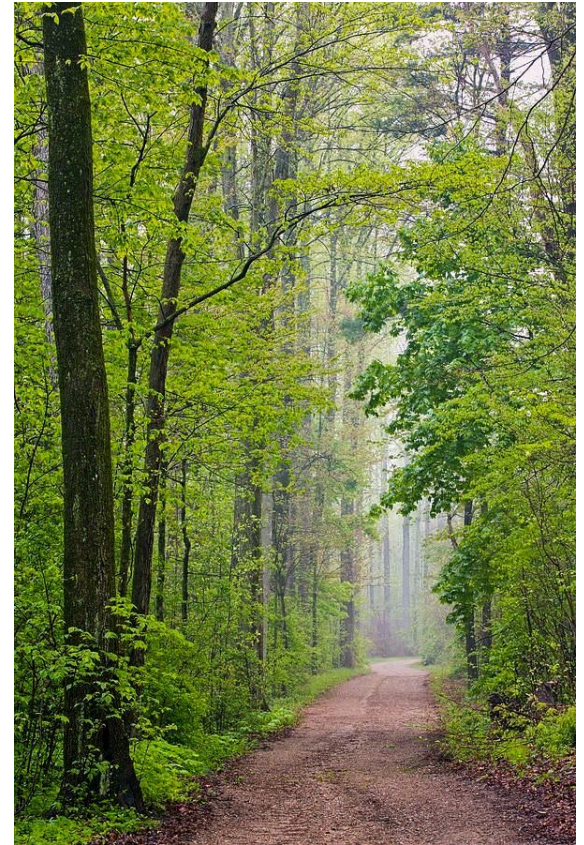
–Stephen Ilardi (The Depression Cure)



Lifestyle Changes

Taming the
Stress
Response

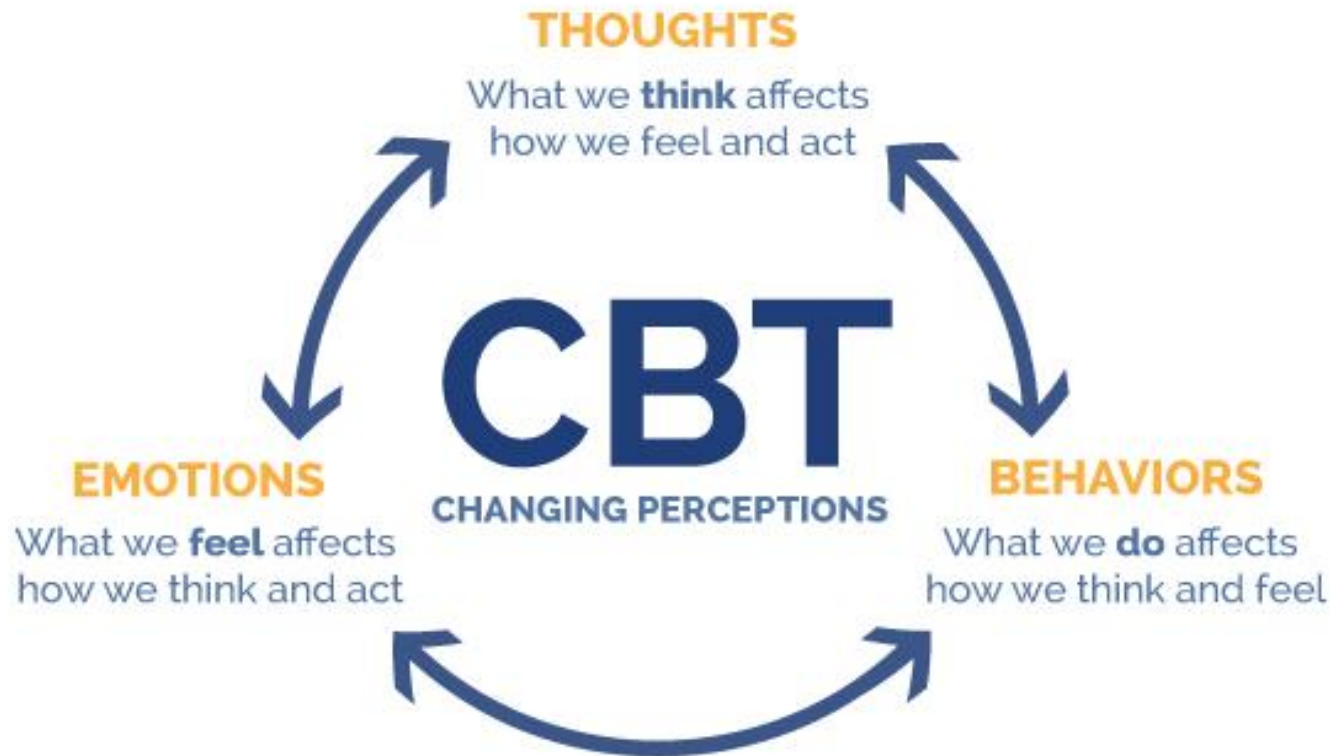
- Healthy Sleep (7-9 hours)
- Omega 3's Fatty Acids (1,000 mg EPA)
- Social Support (connect with affirming friends/family/neighbors/coworkers)
- Physical Exercise (30 mins 3x week)
- Engaging (Anti-Ruminative) Activity
- Sunlight (30 mins daily - Vitamin D)



Pause for Questions ???



Cognitive-Behavioral Therapy (CBT)



Rumination & Worry Patterns

“Cognitive Distortions”

- Overgeneralizing & Global Thinking
- Comparison & Judging
- Shoulding & Musting (rigidity)
- Catastrophizing, Forecasting, Doom Spiraling
- Mind-reading, Assuming, Jumping to Conclusions
- Fortune Telling & Predicting
- Black-and-White Thinking & All-or-Nothing Thinking
- Magnification (exaggerating -) & Minimization (discounting +)
- Emotional Reasoning – I feel something therefore it must be true
- Personalization and Mis-attribution of blame and responsibility



Active Mind vs. Passive Mind



Negative thoughts are part of the landscape of depression. They are not personal. It's the depression thinking, it's not you. Negative thoughts are symptoms of depression in just the same way as aches and pains are symptoms of the flu. They come and go as part of what we call depression. The thoughts themselves are less important than what we do with them. How we interpret and respond to what happens is more crucial than what happens. Our power is in learning to "respond" rather than "react." (Williams & Korb)

Pause to Add a Prefix!



“I am having the thought that...”

“I am ruminating on...”

“The story I’m telling myself is...”



THINK Technique



- **True?** – Is this thought or belief 100% true? If not, what are the facts and what are the fictions? Don't automatically believe your thoughts!
- **Helpful?** – Is paying attention to this thought or belief useful to me or others? What is a more helpful way to think?
- **Inspiring?** – Does the thought inspire me or does it deplete me? What would be a more inspiring or affirming thought?
- **Necessary?** – Is it important for me to focus on the thought? Is it necessary to act on it? What would be more productive?
- **Kind?** – Is the thought kind? If not, what would be a kinder and more understanding thought?

EXAMPLE of THINK Technique

Core Thought: I am inadequate/not good enough

- **True?** No, this thought is not 100% true. It “feels” true, but feelings are not facts - they are temporary and subjective. I just went through a difficult break-up and the stress response is causing me to ruminate, over-generalize, judge myself, and magnify the negative.
- **Helpful?** No, this thought is not helpful. It feels like a horse with blinders and fuses me to a small way of thinking about myself during a hard time. I’d rather acknowledge I’m sad and be gentle with myself as I find healthy expressions for my emotions and move forward.
- **Inspiring?** No, this thought is not inspiring. Instead it adds insult to injury and makes me feel worse. I feel more affirmed by reminding myself that break-ups are part of life and it’s ok to be sad, but I don’t have to turn on myself and believe hurtful things.
- **Necessary?** No, this thought is not necessary. If a loved one was thinking this, I’d advise them not to believe it or dwell on it. It would be more productive for me to talk to a friend or therapist, journal, go for a walk, or recommit to my self-care and relaxation intentions.
- **Kind?** No, this thought is not kind. Though the relationship is over, I don’t have to abandon myself. A kinder thought would be to acknowledge that sadness is a normal response to a break-up and I can support myself with self-compassion to feel better with time.

Behavioral Activation: Action Precedes Emotion

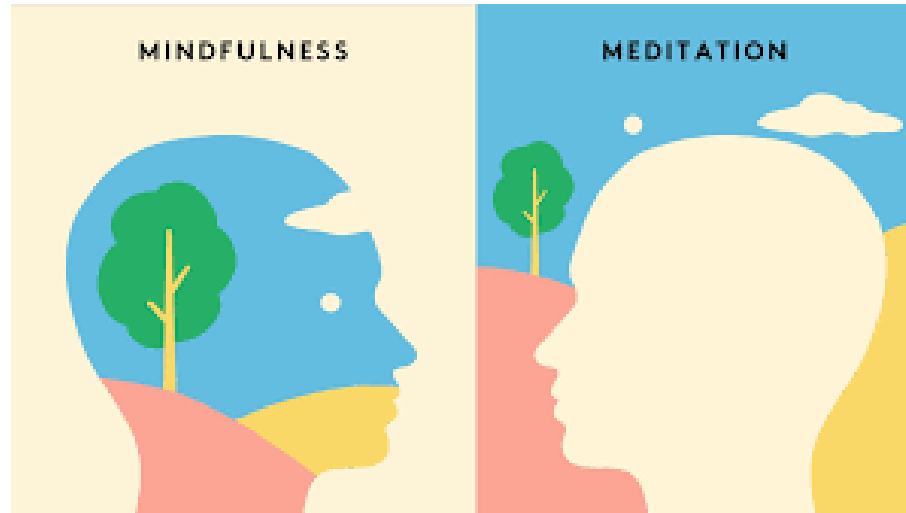
Use CHAT function to share activities that are uniquely important to YOU!

When you notice you are stuck in low mood or negative rumination, commit to OBSERVE & REDIRECT! Mood and motivation shifts follow action. Keep it simple and achievable. Don't get stuck on making the "best" choice, just make any good enough choice. Focus on taking one small step in the right direction. Connect activities with pleasure, meaning and/or personal values!

- Exercise – Movement is Medicine!
- Get off social media – create uninterrupted time
- Animals/Pets/dog walks
- Gardening/Decorating
- Gratitude Journaling or Affirmations
- Volunteering/Helping/Giving back
- Dancing – Music – Biofeedback
- Cleaning or Picking up trash
- Cooking or Crafting/Art
- Sports – Tai Chi – Yoga – Breath work
- Word Games or Video Games
- Movies/Shows/Comedy/Humor
- Set goals – Make decisions
- Faith/Spirituality/Nature
- Take a bath or shower – Essential Oils
- Relaxation – Body scan – Guided imagery

MINDFULNESS:

How are you keeping your mind?

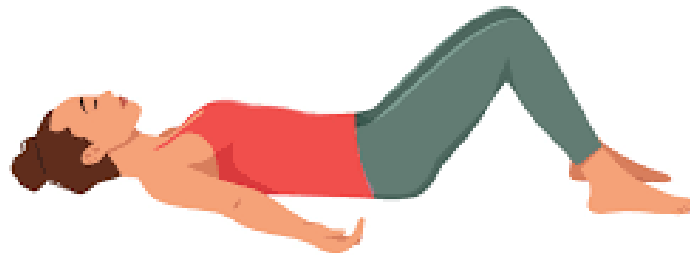


- The “practice” of NON-JUDGMENTAL awareness in the HERE-AND-NOW
- (1) Helps one become more aware of what is happening, as well as what one’s choices are, by cultivating non-judgmental observation and distance
- (2) Helps one cultivate a more spacious, flexible sense of self rather than feeling so stuck, fused or identified with a smaller, constricted sense of self

Anti-Depressant Benefits of Mindfulness



- Helps nurture cognitive space and mental flexibility (expand window of tolerance)
- To OBSERVE is to realize we have CHOICES
- Cultivates curiosity... kindness... self-compassion
- Builds a general “friendliness toward reality”
- Benefits come from trying NOT from perfecting – Realistic expectations are an act of self-kindness!



“Even a little bit of mindfulness brought to a single moment can break the chain of events that leads to persistent unhappiness.”

“Mindfulness is not paying more attention but paying attention differently and more wisely – with the whole mind and heart, using the full resources of the body and the senses.”

- The Mindful Way Through Depression

Notice Your S.T.U.F.

- S – Sensations in the body
- T – Thoughts (Ruminations)
- U – Urges to do or not do something
- F – Feeling labels



Once you've recognized your STUF, consider your options and decide what to DO.

- Should you counter or reframe an old, destructive belief? (THINK Technique)
- Should you step back, get outside in the sun, take a walk or go easy on yourself?
- Should you try some mindfulness or self-compassion despite the negative thought?
- Should you redirect to another engaging activity, journaling, or self-care/relaxation?

Wrap-up & Questions



Don't ignore your needs.
Self-care is not selfish.

www.uvafeap.com

434-243-2643

Commit to ONE
new intention
for 30 days

Thank you for participating!

- Questions? Contact your Faculty and Employee Assistance Program (FEAP):
 - 434-243-2643
 - www.uvafeap.com
 - FEAP@virginia.edu
- You'll receive an email tomorrow with links to the slides, meeting recording and resources.
- Feedback about our emotional well-being seminars? Email us at EmotionalWellbeing@virginia.edu



Toolkit to honor nurses, from UVA Health's Wisdom & Wellbeing Program:
<https://www.medicalcenter.virginia.edu/www/nurses-month-toolkit/>

WELLNESS

CAREER DEVELOPMENT

LIFE CHANGES

TIME OFF

Check out our recent Mental Health Awareness Month article on the UVA HR homepage to discover more resources and learn about how you can play in role in ending the stigma associated with getting help for mental health.

hr.virginia.edu/news/may-story

You Can Help End the Stigma

APRIL 28, 2021



"Mental health conditions are extremely common amongst most communities, and UVA is no exception. On top of this prevalence, COVID has presented many additional challenges for our mental health. I urge all UVA faculty, staff, and team members to take care of your mental health."

- Corey Feist, Chief Executive Officer, UVA Physicians Group

Upcoming Emotional Well-Being Seminars

From Crappy to Happy: Effective Strategies for Managing Your Emotional Well-Being

with J. Kim Penberthy, Ph.D., ABPP and Morgan Penberthy, BA

- Learn evidence-based strategies to manage powerful emotions, cope with pain, and re-discover and maintain joy.
- **Weds. May 26, 12 - 1pm** (Webinar)

Parents Have Feelings Too: A Reboot for those Who are Parenting through the Pandemic

with Monica Maughlin, UVA FEAP

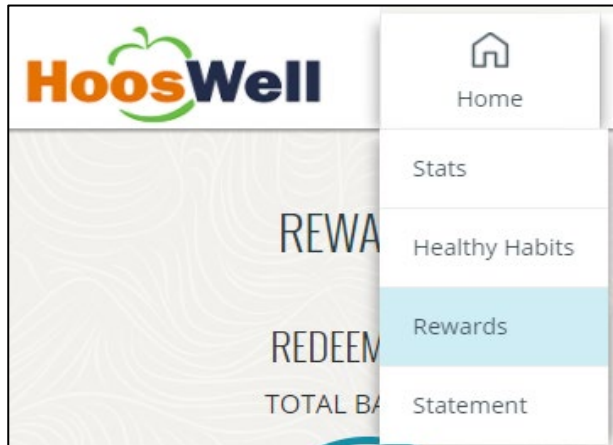
- **Tuesday June 8, 12-1pm** (Zoom meeting, with more opportunities for interaction)
- **Thursday June 24, 3:30–4:30pm** (traditional Zoom webinar)

Learn more and register at uvafeap.com/events or via the events calendar in the Hoos Well portal

How to claim your reward for participating

- UVA and UPG Health Plan participants can earn \$25 in rewards for participating in 1 seminar per quarter
- Don't have an account in the new portal yet? Earn \$10 by simply registering at join.virginpulse.com/hooswell

1. Log in to the Hoos Well portal: iam.virginpulse.com
2. Find your Rewards page under the Home tab



3. Scroll down to “Complete an Emotional Well-being Seminar”



Complete an Emotional Well-being Seminar
\$25 Pulse Cash
Complete once per quarter

4. Click the “Take Me There” button

TAKE ME THERE

[View Full Statement](#)

5. Fill out the short form and click “Submit”

Participate in an Emotional Well-Being Seminar or Webinar

First Name *	<input type="text"/>
Last Name *	<input type="text"/>
Title of seminar or webinar *	<input type="text"/>
Select your participation method *	<input type="text" value="Webinar"/>
Date of seminar or webinar *	<input type="text" value="03-24-2021"/>

Note: All information is subject to validation and audit from Virgin Pulse and/or the UVA Hoos Well Program.

☐

* By clicking the box, I confirm that I participated fully in this webinar or seminar, and that all of the information provided is correct and truthful.

SUBMIT



UNIVERSITY of VIRGINIA

Faculty & Employee
ASSISTANCE
PROGRAM