



Anxiety, Worry, and Depression—and an Antidote

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Current society is one of anxiety and worry rather than one of joy and contentment—it's about getting the next car or house or thing or job or trip or relationship ...

Anxiety disorders are the most common mental disorders worldwide -- affects 1 in every 13 persons globally



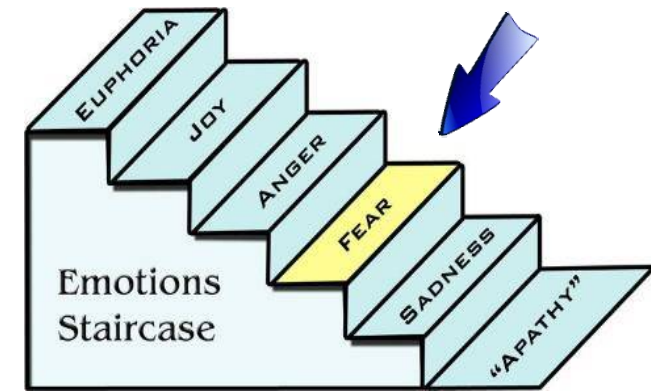
US: 327 people, 58 million experience anxiety annually

Australia: 25 million, 2 million experience anxiety annually

Anxiety and worry are forms of fear ...

They represent a state of mind that is linked with the emotion of fear -- it can represent fear due to real danger or to an imagined state of mind

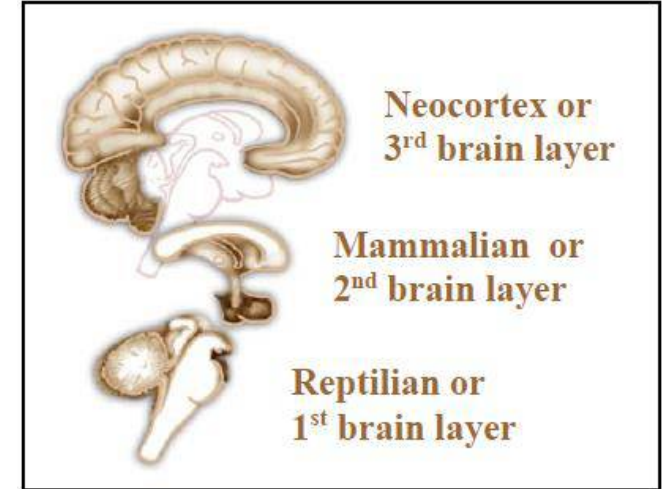
It is a serious condition that makes it difficult to cope with daily life and can turn into obsessive-compulsive behaviors, phobias, and depression



In fear, the brain focuses its attention away from the thinking 3rd brain layer to the stress-reactive 1st brain layer that triggers fighting (arguing) or distancing (ignoring)

You can observe it in children, adults, pets ...

It can trigger addictive behaviors, crimes, relationship conflict, inconsistent work history, divorce, and so on . . .



Anxiety and Depression are often linked together as nearly half of those diagnosed with depression are also diagnosed with an anxiety disorder—but they are really separate mental-health conditions

Problem: unresolved anxiety can lead to depression—think of it as a fractured mind

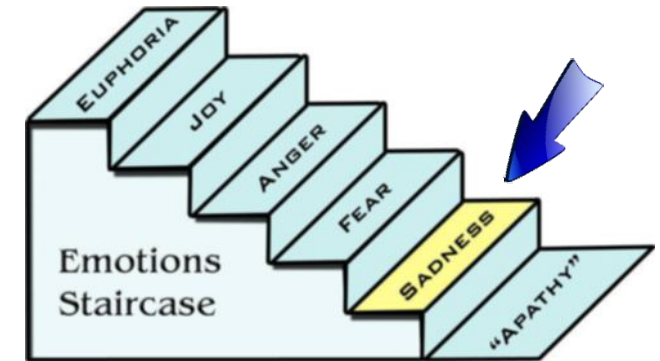
Depression is the leading cause of ill health and disability worldwide

It affects more than 300 million people annually



Depression is linked with the emotion of sadness--it involves a persistent feeling of sadness about people, events, situations, or almost anything

The emotion of sadness and is a signal that you perceive you have experienced a loss; it provides energy to grieve, heal, and recover (feel better)



Sometimes the loss is real, sometimes it is imagined: you thought you had something that you really didn't have or you "want it all in life" and become sad when you can't get that

Depression is a mood disorder (a mood is simply a feeling that you hang onto for a long time) that affects how you think, feel, behave, and make decisions; it may involve neuropeptides, substances that impact mood, and/or serotonin or dopamine imbalances

Depressed people *'Tend to rain on their own parade'* (choose what they know will not promote mature, healthy happiness and then feel sorry for themselves)



This state of mind can become a habit and can lead to a variety of emotional, physical, relationship, and work-related problems

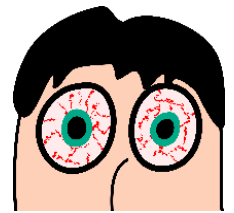
Depression can be linked with many things:

- **A stressful life event; you're sad for a while but recover in a timely manner**
- **Clinical depression—may or may not involve a stressful life event; you're sad for a relatively long period of time and seem unable to recover in a timely manner without help**
- **Bipolar disorder —the depressive phase in this manic-depressive condition**



- **Narcissistic Personality Disorder** in which the individuals need continual praise and get bored or sad unless it is “all about them.” They may associate with those who are “younger” and who will look up to them. They may tire the responsibility of being “grown up” and/or caring for a family. They may overspend, flirt, have affairs, and tend to blame others for their discontent and depression as if “you made me do it.”

They find it difficult to delay gratification and have a desire for something new and exciting and different—right now. It can be a deadly depression.



- **Dissatisfaction with life—often based on immaturity (at any age) and competition to have the most or be the most or be admired or _____**



Social media contributes to this—someone else will always have something you don't have or pretend they do; lots of time on sites such as Facebook has been shown to increase a preoccupation with self that tends to reinforce teenage narcissism and turn into depression

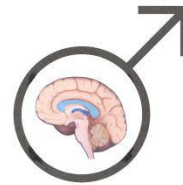
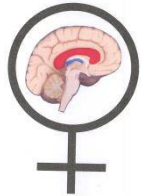
Examples: Derek Zoolander in the movie *Zoolander* or Sheldon on *The Big Bang Theory* . . .

- ☑ **Impacts all genders, races, cultures, ages, economic groups, backgrounds, and beliefs**
- ☑ **A leading cause of divorce, dysfunctional relationships, and unhealthy or inadequate parenting**
- ☑ **Eventually can lead to suicidal thinking . . .**
- ☑ **More females (1 in 3) are diagnosed than males (1 in 5) who may be equally impacted but fewer seek help, and when/if they do, their depression may be misdiagnosed or missed altogether because their symptoms differ from those of a female brain**



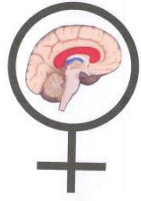
Common Symptoms Differ for Males and Females

- **Feel 'blue'**
- **Turn inward**
- **Blame self**
- **Feel sad**
- **Afraid, anxious**
- **Avoid conflict**
- **Procrastinate**
- **Sleep too much**

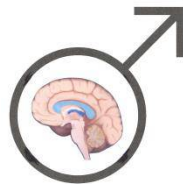


- **Are 'irritable'**
- **Act out**
- **Blame others**
- **Experience anger**
- **Suspicious, guarded**
- **Create conflict**
- **Compulsive**
- **Sleep too little**

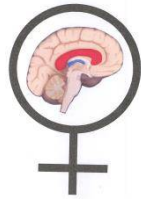
- **Difficulty with boundaries**
- **Feel guilty (real or imagined)**
- **Self-medicate (food, alcohol)**
- **Isolate or withdraw**
- **Behaviors change dramatically (emotional affairs)**



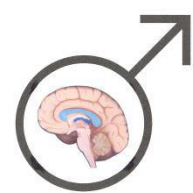
- **May become controlling and breach boundaries**
 - **Self-medicate (alcohol, food, high-risk behaviors, overspend)**
 - **Overuse TV or internet sites, engage in sexual misuse such as sexual affairs or pornography**
-
- **Experience shame (libido and sex performance)**



Symptoms of depression are more likely to show up during teens and early 20s, and then again around menopause



Symptoms of depression tend to show up at andropause in 40s and 50s (have a three times higher suicide rate)



Contributors: Unbalanced lifestyle, sleep deprivation, low quality nutrition, unrealistic expectations, history of abuse, addiction to technology and/or social media (facebook) . . .

Statistically it requires 10 years and 3 different health professionals to properly diagnose depression in males

All things being equal, anxiety, worry, and even depression can often be prevented and reversed—because everything starts in the brain



The antidote for anger, fear, and sadness is *gratitude* because only one core emotion can be processed at a time; being thankful (joy) cannot coexist simultaneously in the brain with anger, fear, or sadness; in addition, the brain may need counseling and medication; along with a decision to develop and live a thankful mindset and self-talk style—and a personal choice to make healthy decisions that will impact your own life, that of your family, and everyone you know—positively

What is your familial history related to depression? Up to 50% of depressed persons reported that at least one parent, if not both, were depressive — identify any generational tendency for depression, as forewarned is forearmed!

🔴 Genetics – chromosomes and genes – has a 30% impact on who you are (genetic effect may become more pronounced with age in females)



🔴 Epigenetics – everything that is not genetics including cellular memory, chronic stress, lifestyle – has a 70% impact (you have partial or complete control over lifestyle)

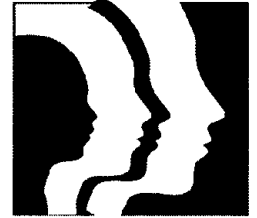
Poor mental health (anxiety, depression) and parenting stress influences parental feelings, perceptions, and responses to their children; disrupts parent-child interactions; has a serious impact on their children, ultimately affecting Their children's developing skills



Poor parental mental health and parenting stress can jeopardize the cognitive, social, and verbal processes necessary for language and cognitive development in their children

—Harewood et al., 2016; Vollotton et al., 2016

Maternal parenting stress scores were linked with intrusiveness, punitiveness, insensitivity, and a lack of responsiveness and cognitive stimulation



Mothers' higher levels of parenting stress predicted significantly lower language scores and poorer social functioning in their children—who tended to be viewed as having 'difficult' temperaments

Chronically depressed mothers had boys with lower cognitive scores (girls were not affected)

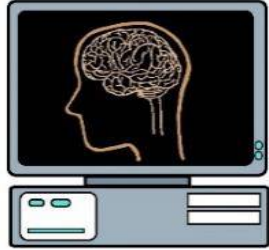


Fathers with poor mental health (e.g. depression and anxiety) passed that stress on to their children, which damaged the children's social skills later on in life and more of an effect than depressed mothers

Stressed fathers negatively affected cognitive development of both boys' and girls' at age 2 over the following year in the same way

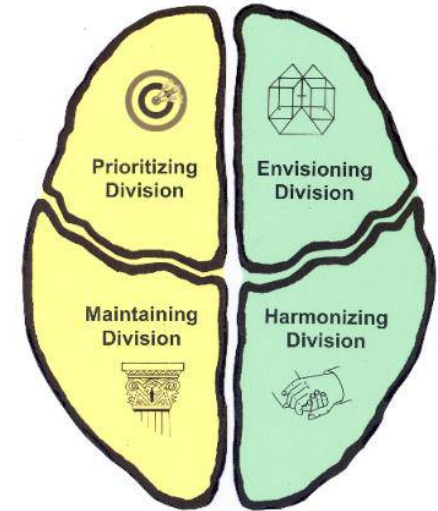
Stressed fathers: negatively affected their son's language development at age 3 (but not girls)





PET Scans have shown that the left cerebral hemisphere lights up when the brain registers **JOY -- health and longevity are linked with a state of happiness**

The right cerebral hemisphere lights up when the brain registers a protective emotion: **ANGER, FEAR, SADNESS**



All emotions are positive; the behaviors around them, however, can be quite negative

A specific neuropeptide (a chemical that affects mood) appears to be associated with each emotion so you experience only one core emotion at a time (although you can and do often flip back and forth between them)

—Candace B. Pert, PhD



Think of your brain as a stage on which you stand your whole life and that holds only one other assistant (core emotion) at a time; joy is the assistant you want with you on stage unless a protective emotion alerts you to something it thinks you need to know

Success Quotient Formula: $IQ + EQ = SQ$

Intelligence Quotient (IQ) contributes **20%**

Emotional Intelligence Quotient (EQ) contributes **80%**

Studies show that successful managers/administrators often have a very average IQ but high EQ; while those who are less unsuccessful often have a high IQ but low EQ



High EQ is linked with a healthy / balanced superego: the person practices good self-care and provides the best care possible to those for whom they are responsible

Dealing with anxiety, worry, and depression requires a multifaceted approach; if you have symptoms of depression for two weeks consult a qualified healthcare professional—and search for a good match with your brain



Take responsibility for your life and for the brain/body that have been leased to you for use on this planet—you may need medication to ‘put a floor under you’ as you develop positive mindset and healthier self-talk habits

To recap: Anxiety, worry, and depression can result from a mindset of fear or sadness; sometimes from anger that turns into fear of sadness



Fear of missing out on something or that what you don't want to have happen will or what you want to have happen won't



Sadness because you didn't get what you wanted or got what you didn't want or think you deserve better or because you wanted to have it all and couldn't



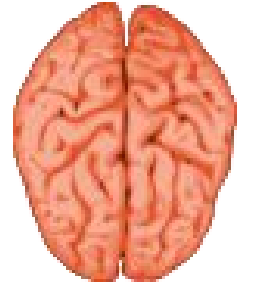
Good news: a brain that has been trained to respond with anxiety, worry, and depression can be retrained



Depression makes you overly sensitive to small triggers, leading to a sense of helpless resignation. But if you act early, before you reach this stage, you have room to manage an everyday stress and the energy to carry out your decision to do so... and head the depression response off at the pass

—Tanzi & Chopra

You can develop a positive mindset and habits of positive self-talk and choose the thoughts you hang onto—Identify something you appreciate and for which you are grateful and you can banish fear, avoid burning up serotonin, and increase your energy levels



‘Your habitual attitudes form neural circuits in the brain—if you choose to maintain a specific attitude, the brain can literally rewire itself to facilitate that attitude’

—Doc Childre and Howard Martin, *The HeartMath Solution*

Earlier the **“antidote”** was mentioned

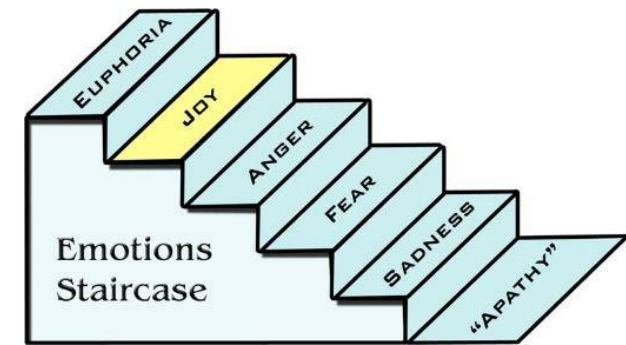
If you read scripture, what does the **antidote** make you think of?



- ***Be anxious for nothing . . . give thanks . . .*** —Philippians 4:6
- ***Rejoice evermore... in everything give thanks***
—I Thessalonians 5: 16-18 —Ephesians 5:20
- ***A joyful heart is good medicine . . .*** —Proverbs 17:2

Live at joy and move down the stairs for *brief* periods of time as appropriate based on the information your emotions provide and then back up to joy

**Part of prevention involves “growing up”
—Ephesians 6:4**



**From a Christian perspective, you can do all things through
Him who strengthens you . . .
—Philippians 4:13**