



Caring for Your Mental Health

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Mental Health

Includes emotional, psychological, and social well-being.

Affects how we think, feel, act, make choices, and relate to others

Illness

Similar to physical illnesses, mental illnesses vary in:

Severity

- Mild, moderate, severe

Frequency

- Daily, weekly, etc.

Duration

- Acute vs chronic

Treatment

- Self-care, therapy, pharmacotherapy

Stress, Anxiety, and Depression

Stress

- A response to something external
 - e.g. a deadline
- Can be positive or negative
 - e.g. motivation
 - The cause can be positive or negative as well
- Usually goes away once the situation is resolved
- Can include symptoms of anxiety and depression
 - Worry
 - Trouble with sleep
 - Changes in appetite
 - Uneasiness
 - Irritability
 - Trouble with motivation
 - Trouble concentrating
 - Physical symptoms

Anxiety

Common Symptoms

- Feeling restless or on-edge
- Fatigue
- Difficulty concentrating
- Irritability
- Difficulty controlling worry
- Trouble with sleep
- Physical symptoms
 - > Headaches, muscle aches, stomach aches, unexplained pains

Types of Anxiety

- Generalized Anxiety
- Panic
- Separation Anxiety
- Specific Phobia
- Social Anxiety
- Agoraphobia

Depression

Common Symptoms

- Feeling down or depressed
- Hopelessness and/or pessimism
- Irritability and/or frustration
- Guilt, worthlessness, helplessness
- Loss of interest in previously enjoyable activities
- Loss of energy, fatigue, and feeling “slowed down”
- Trouble with sleep
 - > Falling or staying asleep or sleeping too much
- Changes in appetite
- Thoughts of death or suicide

Types of Depression

- Major Depression
- Persistent Depression
- Seasonal Depression
- Perinatal Depression
- Premenstrual Dysphoric Disorder
- Bipolar Depression

Treatment

Self-Care

- Physical Activity
 - Social Support
 - Sleep
 - Develop a healthy relationship with food
 - Mindfulness and relaxation strategies
 - Spend time outdoors
 - Schedule time for activities you enjoy
-
- If symptoms don't improve or worsen →



Treatment

Therapy

- Finding a good fit is important
 - Individual, Group, Couples, Family
 - Different specialties
 - Short term vs long term



Treatment

Pharmacotherapy

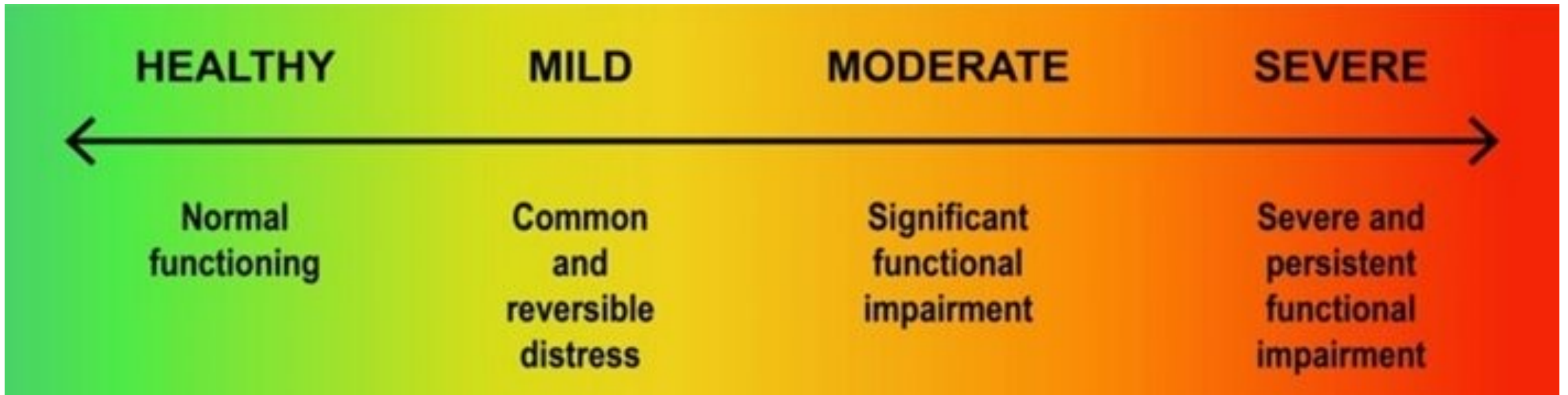
- Medications such as antidepressants
- Often used in combination with psychotherapy
- Prescribed by PCP or a psychiatrist



When Should I seek help?



Severity



Frequency

PHQ-9

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several Days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

Total Score: 1-4 Minimal depression; 5-9 Mild depression; 10-14 Moderate depression; 15-19 Moderately severe depression; 20-27 Severe depression

GAD-7

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Total Score _____ = Add Columns _____ + _____ + _____

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult
at all

Somewhat
difficult

Very
difficult

Extremely
difficult

Duration



Are symptoms lasting longer than two weeks?



Are symptoms persisting after external stressor is removed or resolved?

What to do in a Crisis

- In life-threatening situations, call **911** or go to the nearest ER
- If you or someone you know is struggling or having thoughts of suicide
 - Call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.
 - This service is confidential, free, and available 24 hours a day, 7 days a week.



The Notre Dame Wellness Center

Emotional Wellbeing Team



Therapists

- **Lesley Weiss, MSW, LCSW**

- Lesley is a licensed clinical social worker. Prior to joining the Wellness Center, she was the sole proprietor of a successful private practice, where she served diverse populations of Elkhart and surrounding counties. She made a positive impact through teaching, guiding, and mentoring social work students at both Indiana University and St. Mary's College. She primarily works with adults and her areas of specialty include depression, anxiety, grief/loss and trauma. She has specialized training in EMDR (Eye Movement Desensitization and Reprocessing), a best practice for Post-Traumatic Stress Disorder. Her areas of interest include holistic, interdisciplinary health and wellness.

- **Victoria Colanese, PhD, HSPP**

- Victoria is a clinical psychologist who specializes in counseling interventions to help individuals manage anxiety, depression, grief/loss, and stress associated with physical health conditions. Her area of interest is health psychology, which includes helping patients cope with new diagnoses, chronic illnesses and injuries, and caregiver stress and burnout. She also supports patients in the process of making health behavior changes. She provides individual therapy to adolescents and adults with mental and physical health related stressors.

- **Adam Dell, PsyD, ABPP, HSPP**

- Adam is the Director of Emotional Wellbeing at the Notre Dame Wellness Center. As a psychologist, he is board certified in Clinical Psychology. Prior to joining the wellness center, he served 6+ years as an Active Duty Officer in the US Air Force. He specializes in evidence-based practice for the treatment of anxiety, depression, sleep, stress, trauma, and health psychology. He works with adolescents, adults, and couples. He also offers child testing services for kids ages 6 and up. Teaching is a passion and he currently serves as a part-time faculty member in graduate counseling programs at Colorado State University and Wheaton college.

Wellness Coaches

- **Susie Gray Holden, NBC-HWC - Wellness Coach and Mindfulness Instructor**
- Susie is a board-certified health and wellness coach and a mindfulness-based stress reduction (MBSR) teacher. She is passionate about helping people find more ease in their lives and creating healthy lifestyle habits. Susie partners with participants to improve their relationship with stress, time, healthy eating, self-compassion, mindful movement, sleep and reconnection to nature. Susie most recently taught Mindfulness-Based Resiliency Training to veterans suffering from PTSD at the Road Home Program at Rush University Medical Center in Chicago, IL. Susie lives in southwest Michigan with her husband and enjoys hiking, biking, and cooking for family and friends.
- **Martha Vanderheyden, Wellness Coach**
- Martha holds her bachelor's degree in Exercise Science, Health Promotion and Wellness from Western Michigan University. She is certified as a Health and Wellness Coach, Lifestyle Medicine Coach as well as an Intrinsic Coach. She is currently working on a Mental Fitness Coach certification. Martha enjoys working with others to find purpose, balance and fulfillment.

Chronic Condition Management Nurse and Dietitian

- **Maureen Jamieson, RN, RD**
- Maureen is a registered nurse and registered dietitian. She did her undergraduate work at Ball State University and graduate work at Andrews University. Her background includes oncology, cardiac intermediate care, wellness, and nutrition counseling. When Maureen is not in the office, she is home with her husband and three children. She enjoys spending time with family and friends. Maureen's special interest is to help people achieve wellness: Body, Mind, Heart, and Spirit.

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