

Managing Anxiety and Depression

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resilient

Daily
Life

Event/
Stressor

Cope

Return
to Life



struggle



Elements of Mental Health Defined

MENTAL HEALTH

The overall cognitive, emotional, behavioral, and social well-being of an individual. The ability to cope with mental problems and the absence of mental illness.

MENTAL PROBLEM

Problematic symptoms and/or behaviors that may impact one's psychological well-being, but does not require a diagnosis.

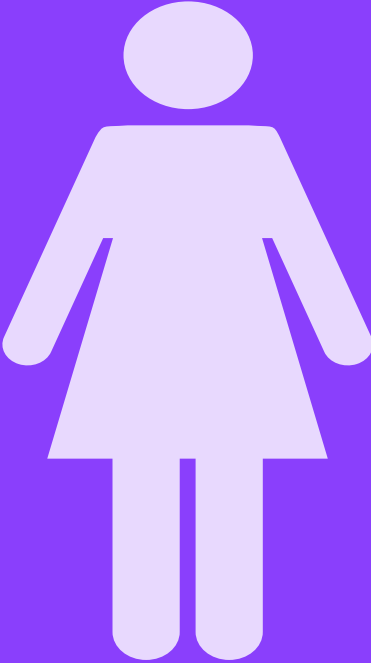
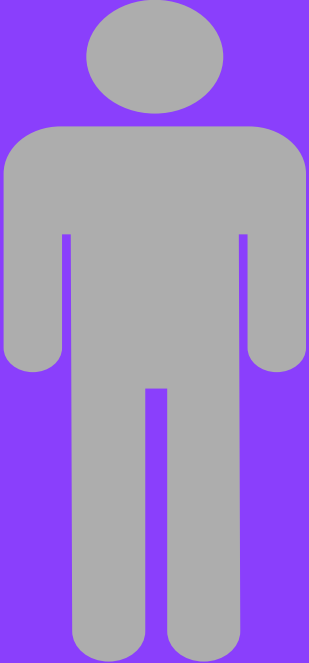
MENTAL ILLNESS

Problematic symptoms and/or behaviors that significantly impact one's psychological well-being and necessitates a diagnosis or diagnoses.

Factors That Influence Mental Health Challenges



**Biological/
Genetic**



**Psychological/
Emotional**



**Environmental/
Social**



Signs and Symptoms

ANXIETY

- Excessive fear/worrying
- Concentration difficulties
- Sweating
- Shortness of breath
- Chest Pains
- Sleep disturbance
- Irritability
- Tremors and shaking
- Nausea/Vomiting
- Dizziness
- Avoidance
- Irrational thoughts

Signs and Symptoms

DEPRESSION

- Prolonged sadness
- Crying spells
- Lack of energy
- Sleep disturbance
- Appetite changes
- Concentration difficulties
- Withdrawing
- Changes in eating patterns
- Loss of interest
- Pessimistic thoughts
- Self-doubt
- Physical aches

Coping Skills

THOUGHTS

|
CONTROL

ACTIONS

FEELINGS



- The THINK Technique
- **T** True? – Is this thought 100% true? If not, what are the facts, and what is opinion?
- **H** Helpful? – Is paying attention to the thought useful to me or others?
- **I** Inspiring? – Does the thought inspire me or does it have the opposite effect?
- **N** Necessary? – Is it important for me to focus on the thought? Is it necessary to act on it?
- **K** Kind? – Is the thought kind? If not, what would be a kinder thought?

Thought Replacement

Increase Pleasurable Activities

Family Activities

- Take virtual tours
- Have game-night, every night
- Plan a backyard picnic
- Engage In cooking wars
- Review family photo albums
- Have a dance competition
- Present a day of crafts
- Throw a family party

Children and Teen Activities

- Create a mad science project
- Redesign bedroom
- Take virtual museum tours
- Watch live nature/zoo cams
- Participate in scavenger hunts
- Write a poem, story or song
- Have themed dress up days
- Send letters to family and friends

Activities for Couples

- Attend a live, virtual show
- Play Q and A games
- Take an online dance class
- Workout together
- Have a backyard dinner
- Create a dress up night
- Design an at home wine tasting
- Plan a dream vacation

“Me Time” Activities

- Go for a walk, get outside
- Have a DIY spa day
- Create a gardening project
- Color or doodle
- Declutter and organize
- Engage in virtual yoga
- Binge-watch uplifting shows
- Learn a new language

Other Tools



Mindfulness



Defining
Happiness



Self-
Compassion

Professional Providers

- **Therapist**

Licensed Professional Counselor (LPC)

Licensed Marriage and Family
Therapist (LMFT)

Licensed Clinical Social Worker (LCSW)

**Clinical Psychologist (PhD)

- **Medication Prescriber**

Medical Doctor (MD)

Psychiatric Mental Health Nurse
Practitioner (PMHNP)

Finding a Therapist

- Friend/ family
- Insurance company
- Health professionals
- EAP
- Web directories
 - [Psychologytoday.com](https://www.psychologytoday.com)
 - [Mentalhealthmatch.com](https://www.mentalhealthmatch.com)

