

Managing Depression and Enhancing Wellness through COVID-19

Alex J.Reed, PsyD, MPH

Director of Behavioral Health Education



Objectives

- ▶ Learn to identify signs of depression (or mood concerns) during stressful times
- ▶ Describe evidence based tools to boost your mood
- ▶ Identify resources and strategies to manage isolation and connect with others



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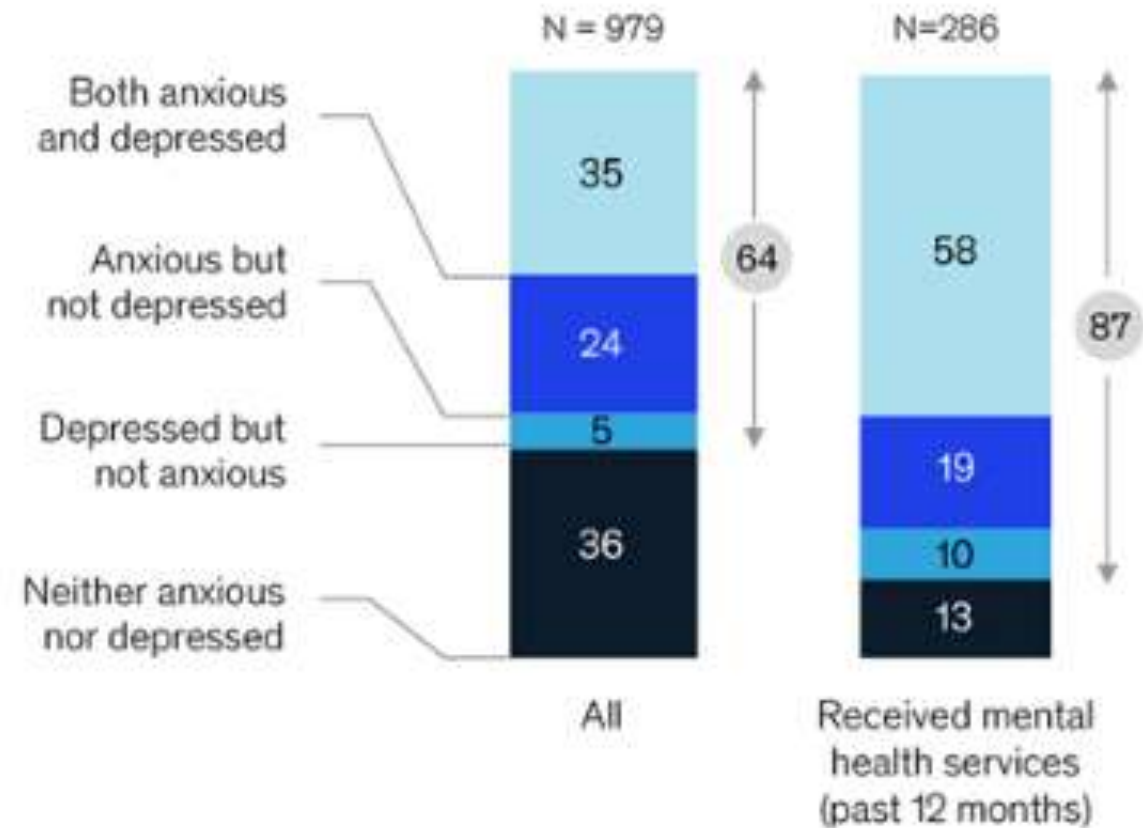
This outbreak puts us all at risk for mood symptoms

- ▶ Fear and worry about your own health and the health of your loved ones
- ▶ Sad feelings
- ▶ Changes in eating patterns
- ▶ Difficulty sleeping
- ▶ Difficulty concentrating
- ▶ Irritability
- ▶ Fatigue or Restlessness
- ▶ Pessimism or hopelessness



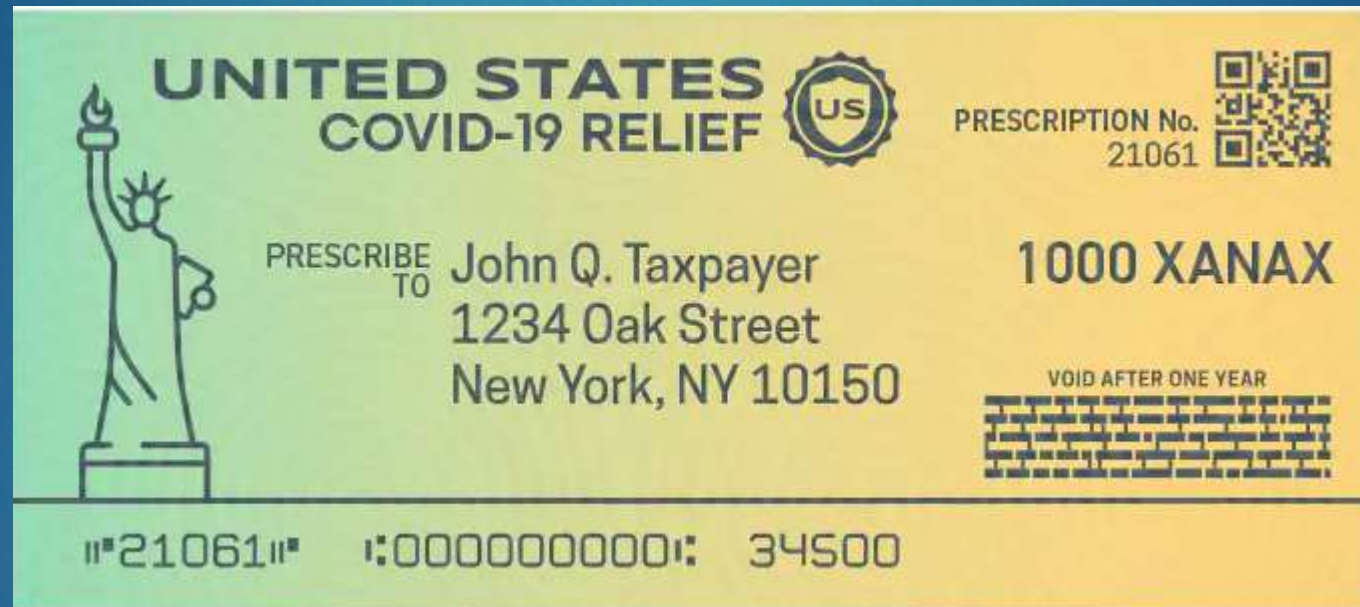
Audience Poll:
What mood symptoms have you been experiencing during this pandemic?

Respondents reporting experiencing feeling anxious or depressed in past week, % of respondents



<https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/helping-us-healthcare-stakeholders-understand-the-human-side-of-the-covid-19-crisis>

What to do when you're feeling down during this outbreak



Do something pleasurable

- ▶ Behavioral Activation
- ▶ Schedule pleasurable activities
- ▶ As effective as cognitive therapy and some antidepressants



Dimidjian S, Dobson K, Kohlenberg RJ, Gallop R, Markley DK, Atkins DC, et al. Randomized trial of behavioral activation, cognitive therapy and antidepressant medication in the acute treatment of adults with major depression. *J Consult Clin Psychol.* 2006;74(4):658-670.

Behavioral Activation Schedule

Time	Planned Positive Activity (see reference list)*	Completed (Yes/No)	Mood Rating (0-100, 0 = worst, 100 = best) Before and after activity
Before 8 am			
8 am to 12 noon			
12 noon to 4 pm			
4 pm to 8 pm			
After 8 pm			
Total # of Activities			

Deep Breathing

- ▶ Exhale completely through your mouth, making a whoosh sound
- ▶ Close your mouth and inhale quietly through your nose to a mental count of **four**.
- ▶ Hold your breath for a count of **seven**.
- ▶ Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
- ▶ This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths

Exercise

- ▶ Investigators have found that exercise improves symptom in people with depression compared with control treatment or no intervention.
- ▶ Begin exercising slowly and choose an enjoyable mode of exercise which can result in a more positive exercise experience and increase the likelihood of maintained exercise involvement.

Rimer J, Dwan K, Lawlor DA, Greig CA, McMurdo M, Morley W, Mead GE. Exercise for depression. Cochrane Database Syst Rev. 2013;(9):CD004366.

Cognitive Disputation

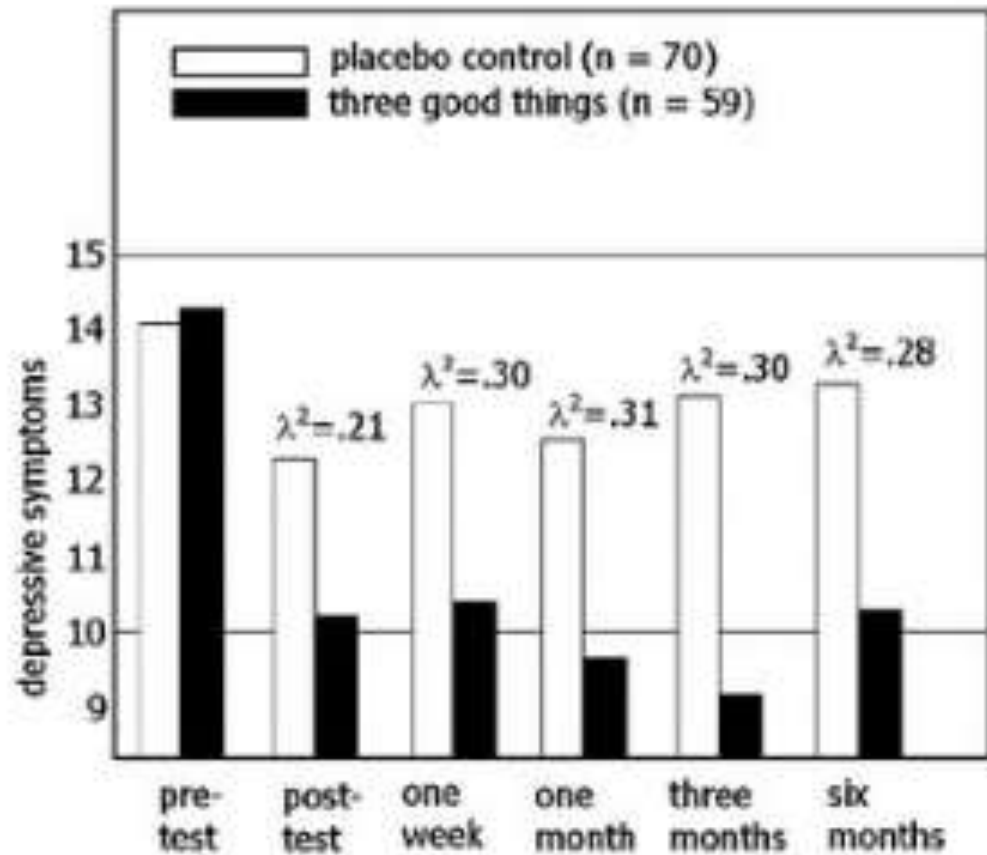
- ▶ Try questioning your thoughts by asking yourself a question when they are experiencing stressed or depressed thoughts such as, “If my best friend or someone I love had this thought, what would I tell them?” or “If you were to ask or tell yourself that, how do you think that would be helpful?”
- ▶ Questions such as these can allow you to respond in ways that are consistent with your values (e.g., being friendly) instead of reacting to your initial negative thoughts.

3 Good Things

- ▶ Each day for at least one week, write down three things that went well for you today,
- ▶ The items can be relatively small (e.g., “my parnter made the coffee today”) or large (e.g., “I earned a big promotion”).
- ▶ Give the event a title (e.g., “My daughter made a hilarious joke”).
- ▶ Write down exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
- ▶ Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
- ▶ Explain what you think caused this event—why it came to pass.
- ▶ Use whatever writing style you please, and do not worry about perfect grammar and spelling. Use as much detail as you'd like.

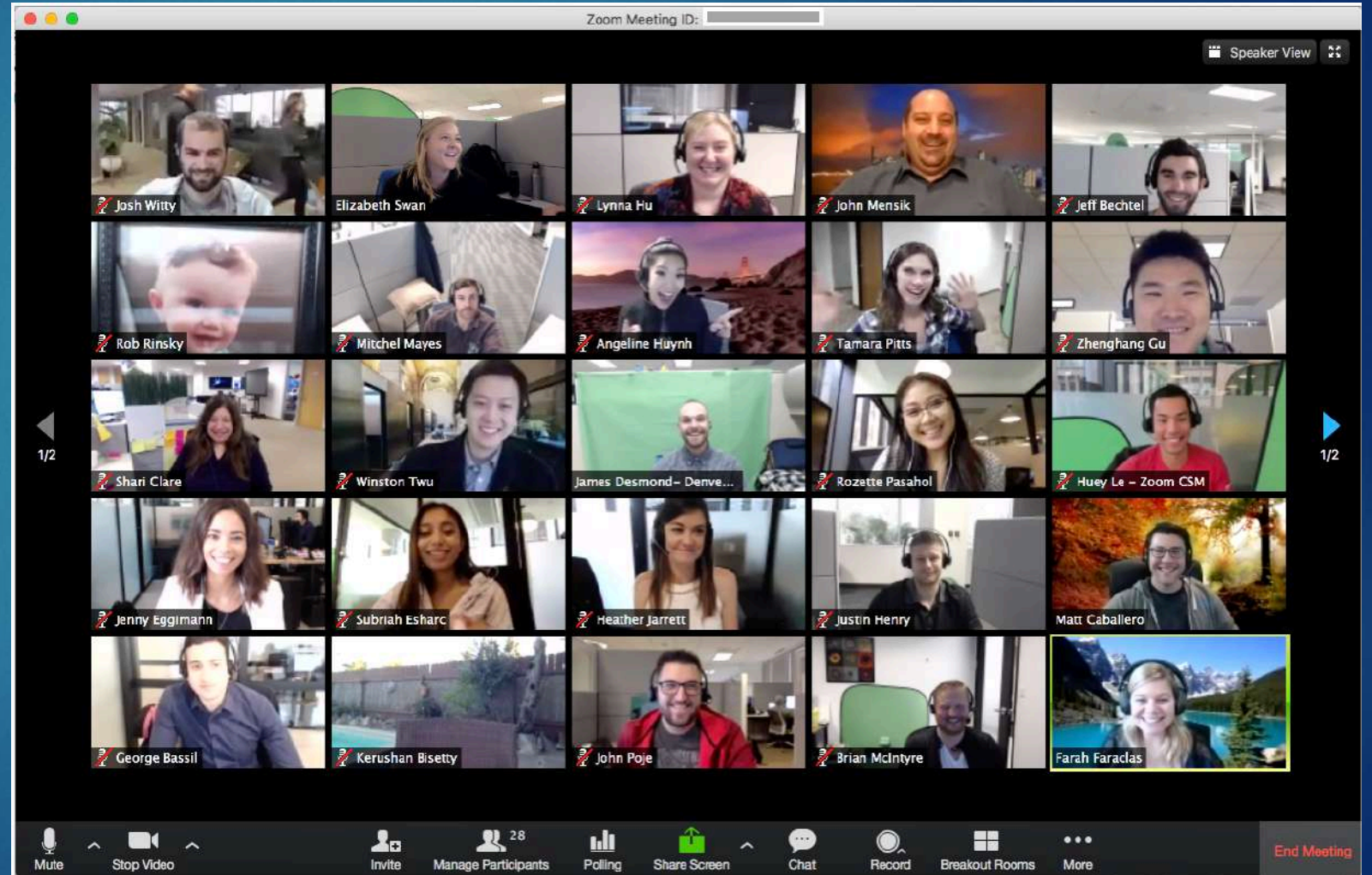
<https://ggia.berkeley.edu/practice/three-good-things>

Three Good Things



Seligman ME, Steen TA, Park N, Peterson C. Positive psychology progress: empirical validation of interventions. *Am Psychol.* 2005;60(5):410–421

Social Connections



Nutrition

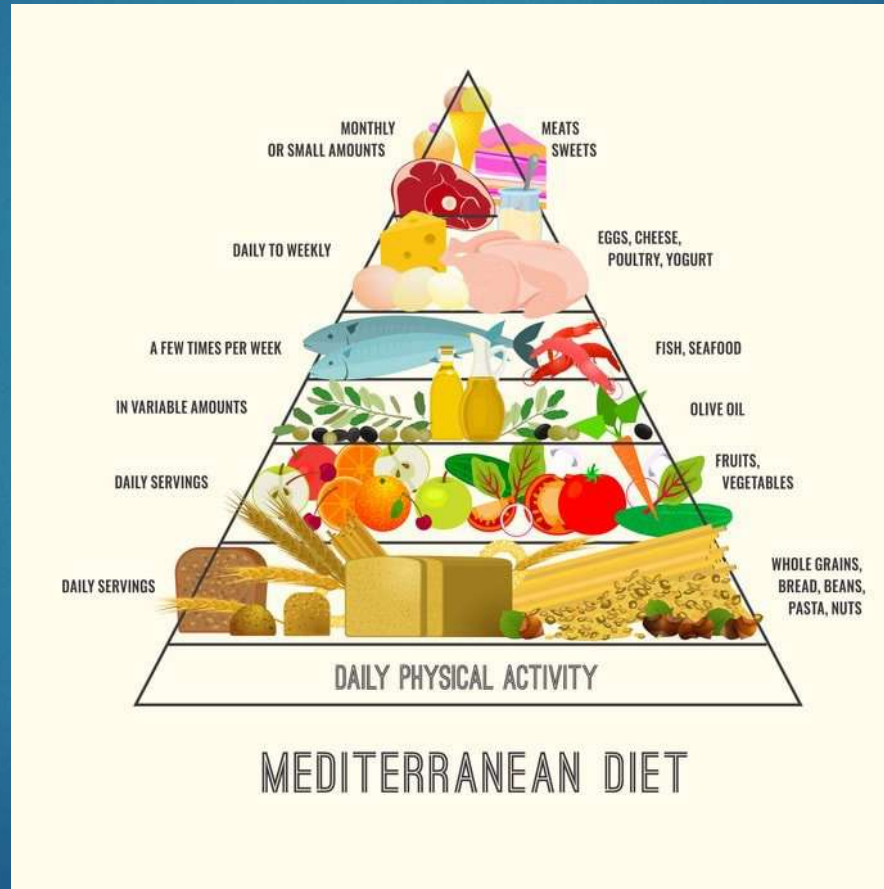
- ▶ What you eat can affect the structure and functioning of your brain and ultimately, your mood



The Western Diet



The Mediterranean Diet



Sleep

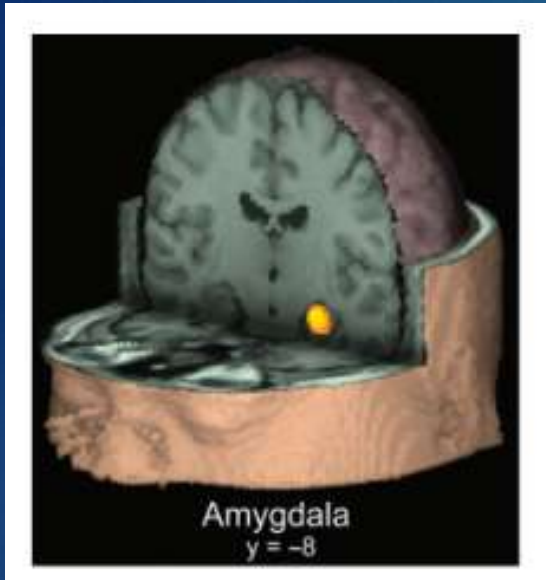
- ▶ Get out of bed if you don't fall asleep fairly soon. Return to bed only when you are sleepy. When you feel sleepy, return to bed. The goal is to reconnect your bed with being asleep.
- ▶ Make your bedroom like a cave
- ▶ Dark
- ▶ Cool
- ▶ Quiet



Limit exposure to the news



Put Feelings Into Words



- ▶ Putting your feelings into words helps to reduce stress
- ▶ Talk with someone you trust
- ▶ Choose the right time to talk

Lieberman MD, Eisenberger NI, Crockett MJ, Tom SM, Pfeifer JH, Way BM. Putting feelings into words: affect labeling disrupts amygdala activity in response to affective stimuli. *Psychol Sci.* 2007;18(5):421–428

<https://www.nytimes.com/2020/04/03/smarter-living/talking-out-problems.html?referringSource=articleShare>

Write Out Your Feelings

- ▶ Holding back feelings and thoughts is associated with long term stress and disease
- ▶ Writing about upsetting experiences helps to improve the immune system and reduce stress



Pennebaker JW, Kiecolt-Glaser JK, Glaser R. Disclosure of traumas and immune function: health implications for psychotherapy. *J Consult Clin Psychol.* 1988;56(2):239–245.

<https://www.nytimes.com/2020/04/03/smarter-living/talking-out-problems.html?referringSource=articleShare>

Bonus! These tools work for kids!





Audience Poll:
Which of these tools have tried?



Audience Poll:
Which of these tools will you try?



If these feelings become so
overwhelming

Please contact your healthcare
provider!

Resources

- ▶ CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- ▶ American Psychological Association: <https://www.apa.org/topics/covid-19>
- ▶ University of Colorado Dept of Psychiatry COVID19 resources: <https://medschool.cuanschutz.edu/psychiatry/covid-19-suppor>
- ▶ NAMI: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- ▶ Greater Good Science Center at Berkley: <https://ggia.berkeley.edu/practice/three-good-things>

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Questions?



Thank you!

Questions or comments
alex.reed@cuanschutz.edu