

Mental Health Awareness Month

May 2020

Presented by Natasha Khazanov, Ph.D



Agenda:

Today we will talk about depression and anxiety.

- ❑ Prevalence in the world.
- ❑ The neurobiology/brain involvement and the role of neuroplasticity in etiology and treatments.
- ❑ Discuss how we can train our brain for resilience and treat depression and anxiety and have fun at the same time.
- ❑ I will tell you the story of my ex patient Lisa (name changed of course).
- ❑ I will demonstrate one of many ways we can rewire our ancient brains for resilience, happiness and success (biofeedback demo)



Quiz

1. Depression is the #1 reason for disability in adult populations in the world.

True or False?

TRUE



Quiz

2. Depression is the sign of weakness, and you can snap out of it if you have strong will.

True or False?

FALSE



3. Depression and anxiety go hand-in-hand.

True or False?

TRUE



Quiz

4. The human brain is a very sophisticated "computer", but the "hardware" (brain wiring) has not been upgraded for:

A. 500 years

B. 10,000 years

C. 40,000 years

C. 40,000 years



Quiz

5. The human Brain is a "danger detecting machine" and has a "negativity bias", it immediately recognizes danger, but takes time recognizing good stuff.

True or False?

TRUE



6. Out of all species the human brain takes the longest time to mature.

True or False?

TRUE



Quiz

7. 6 million American kids are taking antidepressants.

True or False?

TRUE



8. Studies have shown that antidepressants are not significantly more effective than placebo in treatment of mild or moderate depression.

True or False?

TRUE



Quiz

9. There are natural anti-depressants and anti-anxiety remedies that have been researched and proven to be more effective than pharmaceutical treatments.

True or False?

TRUE

**Depression
& anxiety
can be
seen as the
brain's
ultimate
avoidance
strategy.**

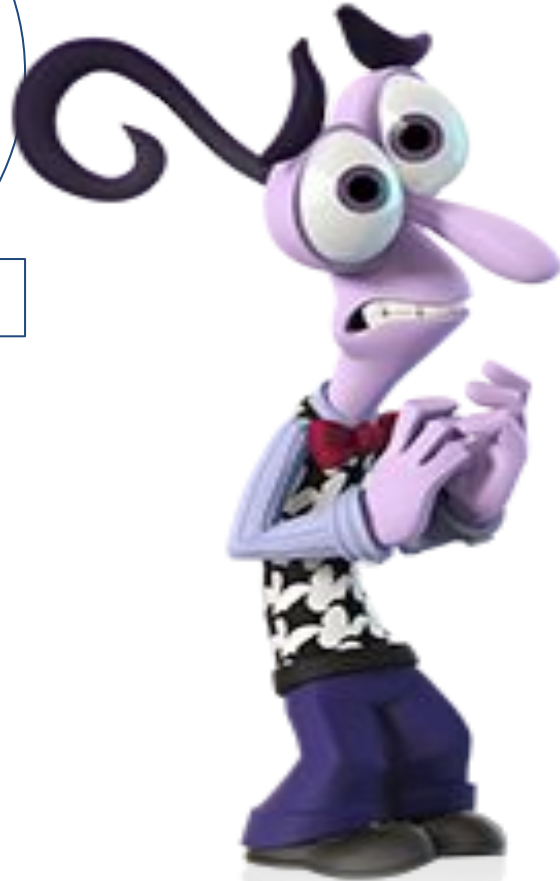


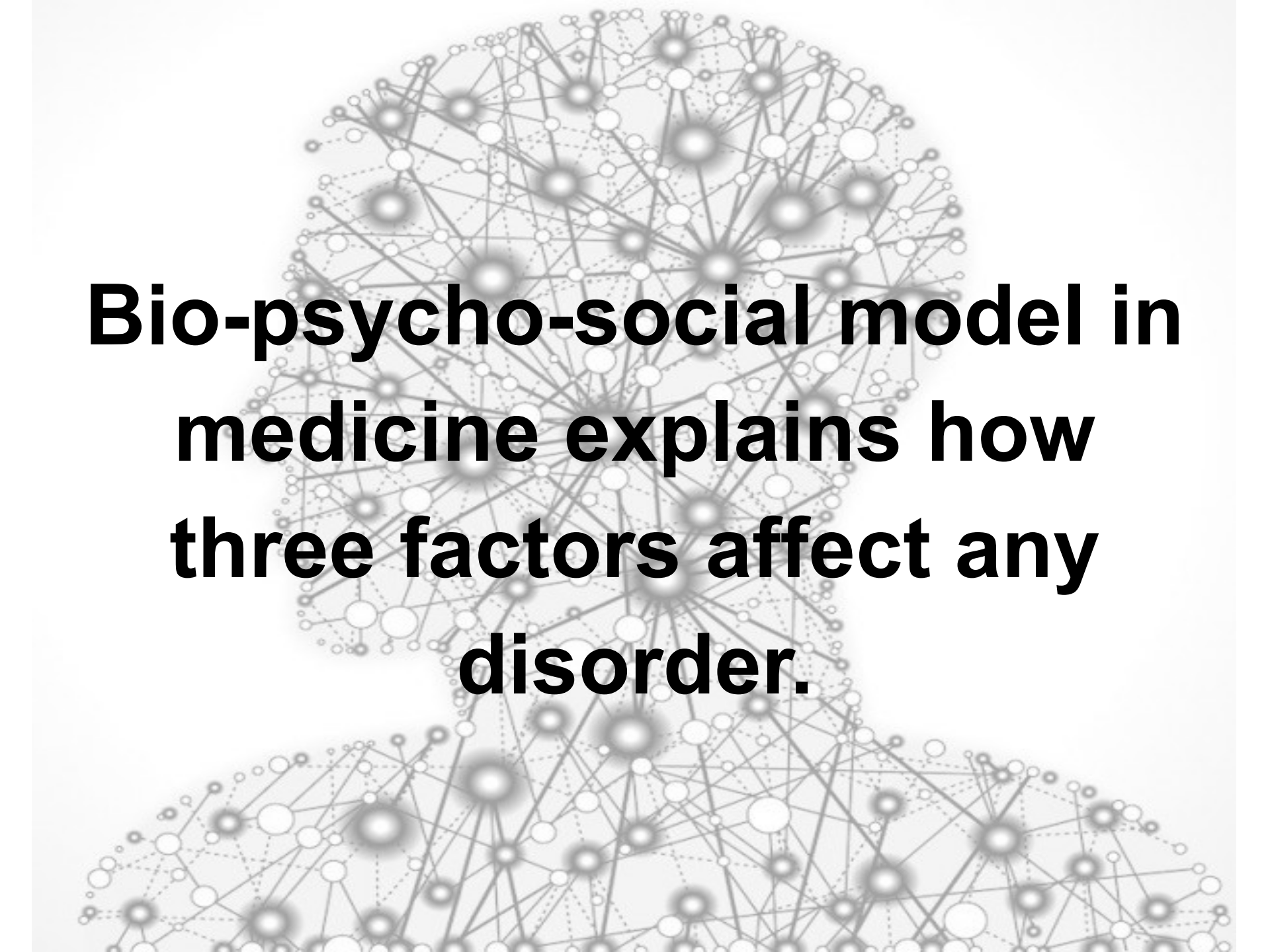
WHY
BOTHER?



#SADNESS

Bad things
will happen
if I try to do
something...





**Bio-psycho-social model in
medicine explains how
three factors affect any
disorder.**

Biological factors:



In depression and anxiety some of the biologic factors include:

- Genetic predispositions/vulnerabilities
- Changes in brain chemistry (“chemical imbalance”)
- Identifiable changes in brain activity seen on FMRI’s or PET scans

Example:

**A depressed brain
has more activity in
the Right
Pre-frontal Cortex
(RPFC).**

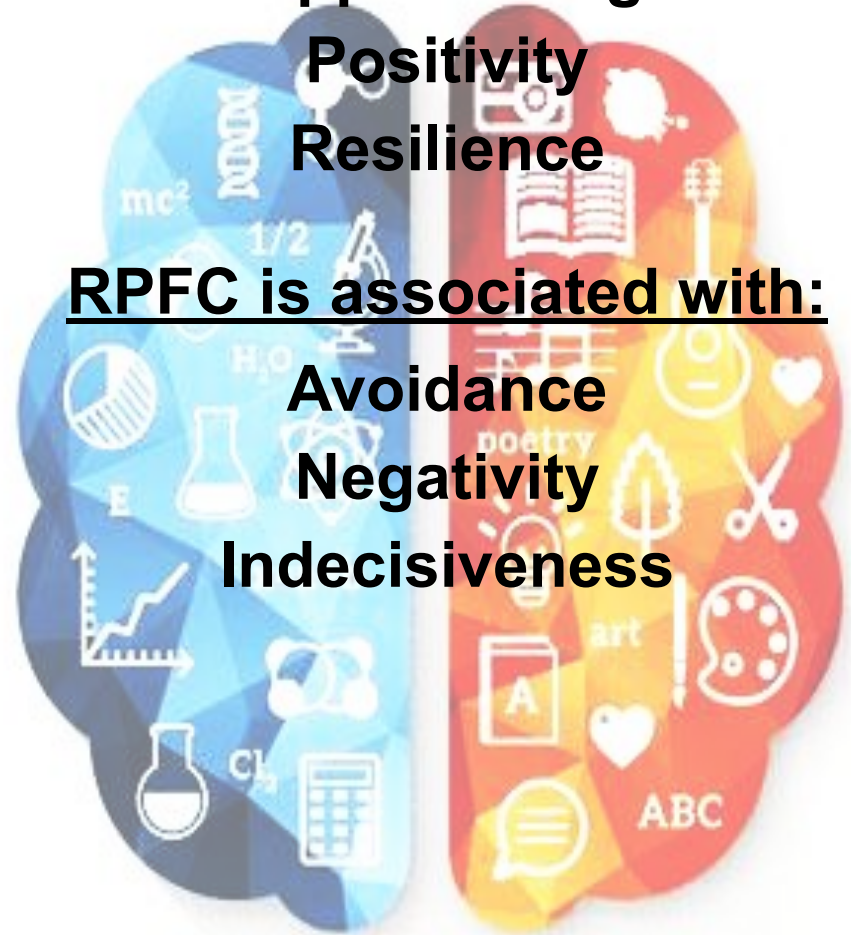


LPFC is associated with:

**Approaching
Positivity
Resilience**

RPFC is associated with:

**Avoidance
Negativity
Indecisiveness**



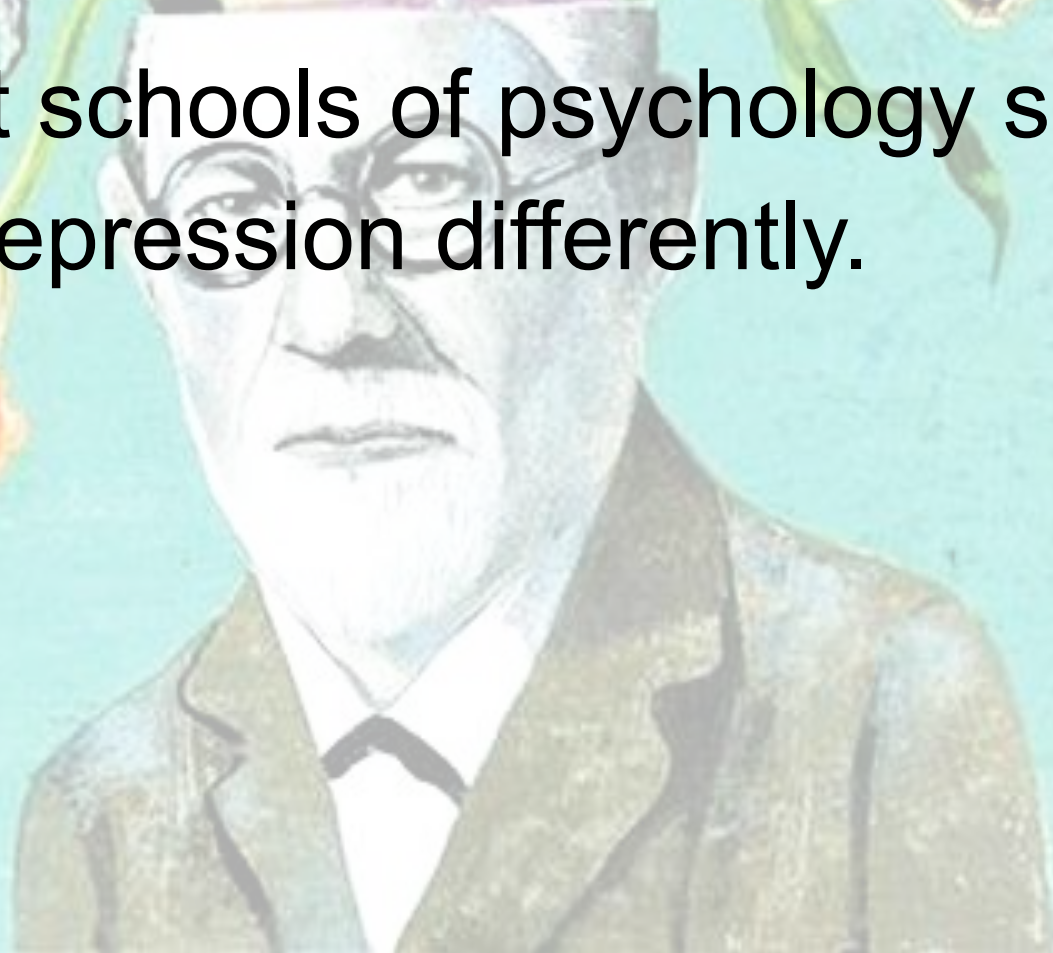
ANALYTICAL

vs

creative

Psychology of depression:

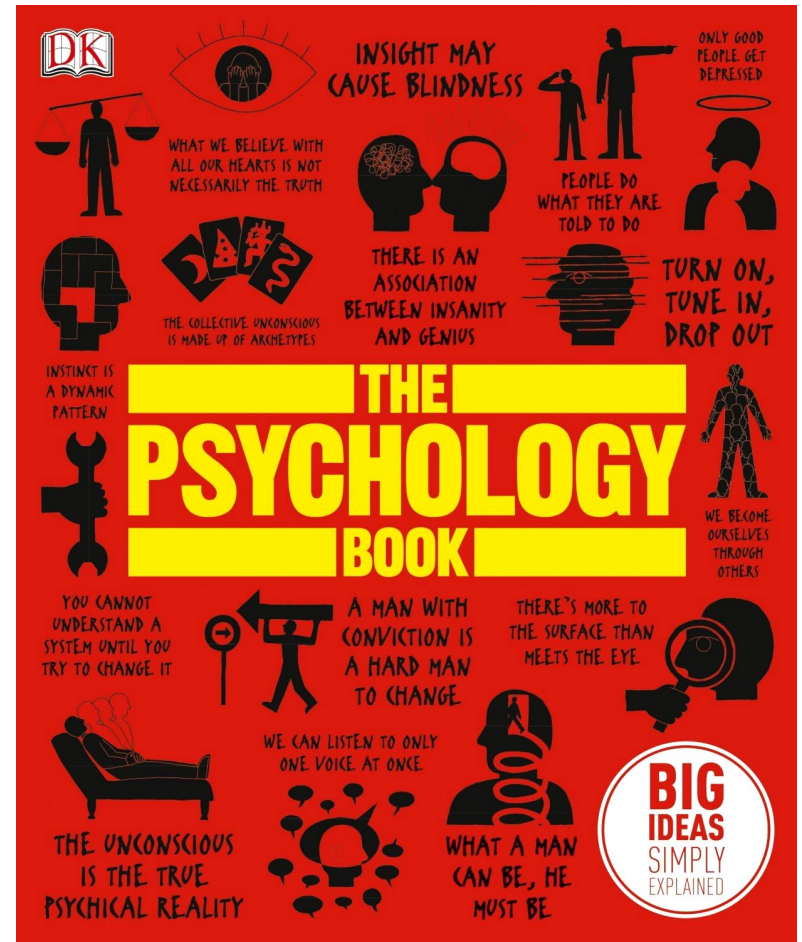
Different schools of psychology see depression differently.



Explanatory Models of Depression

3 popular models:

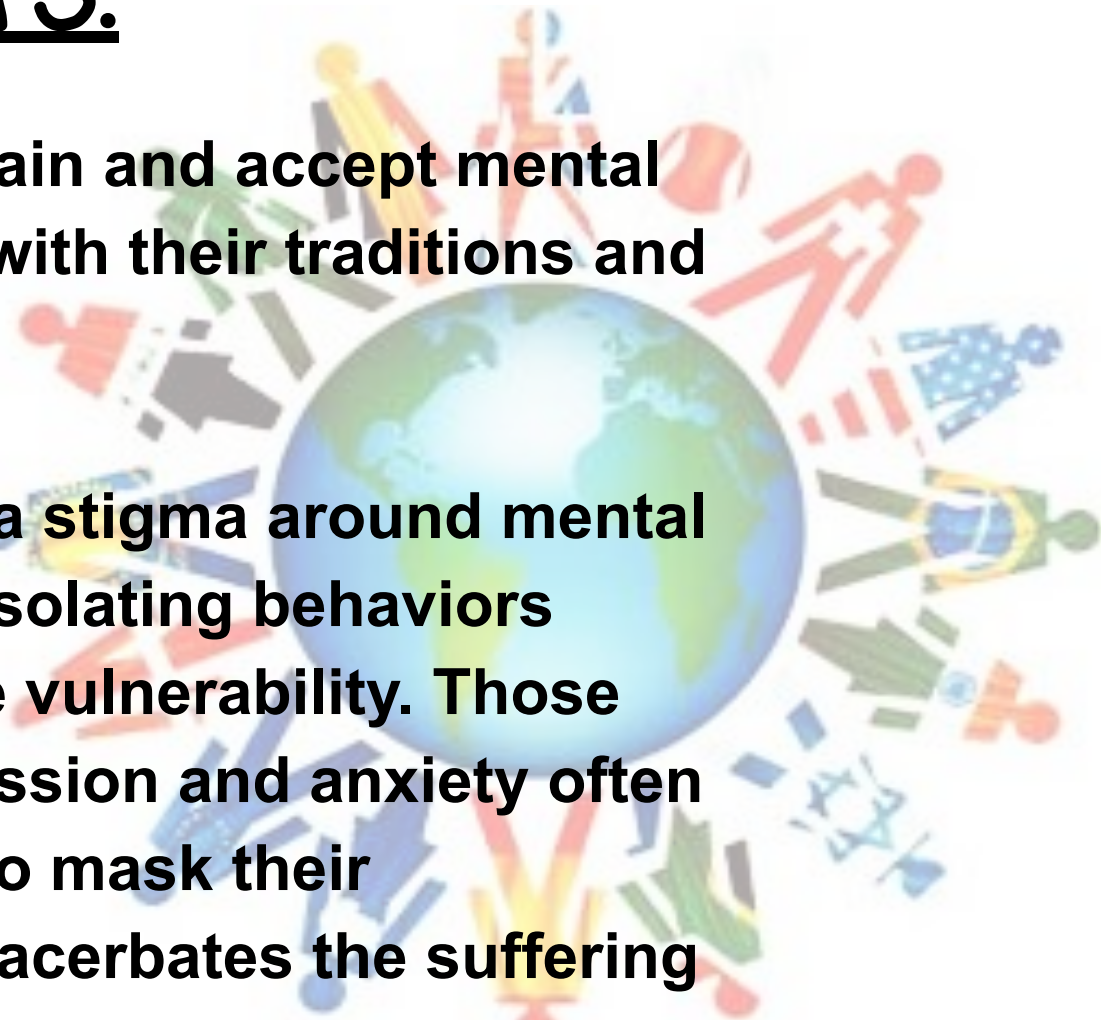
1. ANGER turned inward
(Freudian analysis)
2. Ungrieved losses
(Interpersonal
psychology)
3. Learned helplessness
(Cognitive-behavioral
model)



Social factors:

Different cultures explain and accept mental illness in accordance with their traditions and beliefs.

In our culture there is a stigma around mental illness. Shaming and isolating behaviors result in creating more vulnerability. Those who suffer from depression and anxiety often feel ashamed and try to mask their vulnerability, which exacerbates the suffering and cuts them from available treatments and social support.



Lisa's story.



Natural antidepressant and anti-anxiety treatments involve improving brain functioning and brain chemistry.

THIS INCLUDES:

Healthy diet.

Social support.

Regular exercise.

Stress management skills.

Raising our emotional intelligence.

We can create a brain that is resilient by increasing activity in our LPFC and laying tracks for an enduring sense of well-being, joy and happiness.



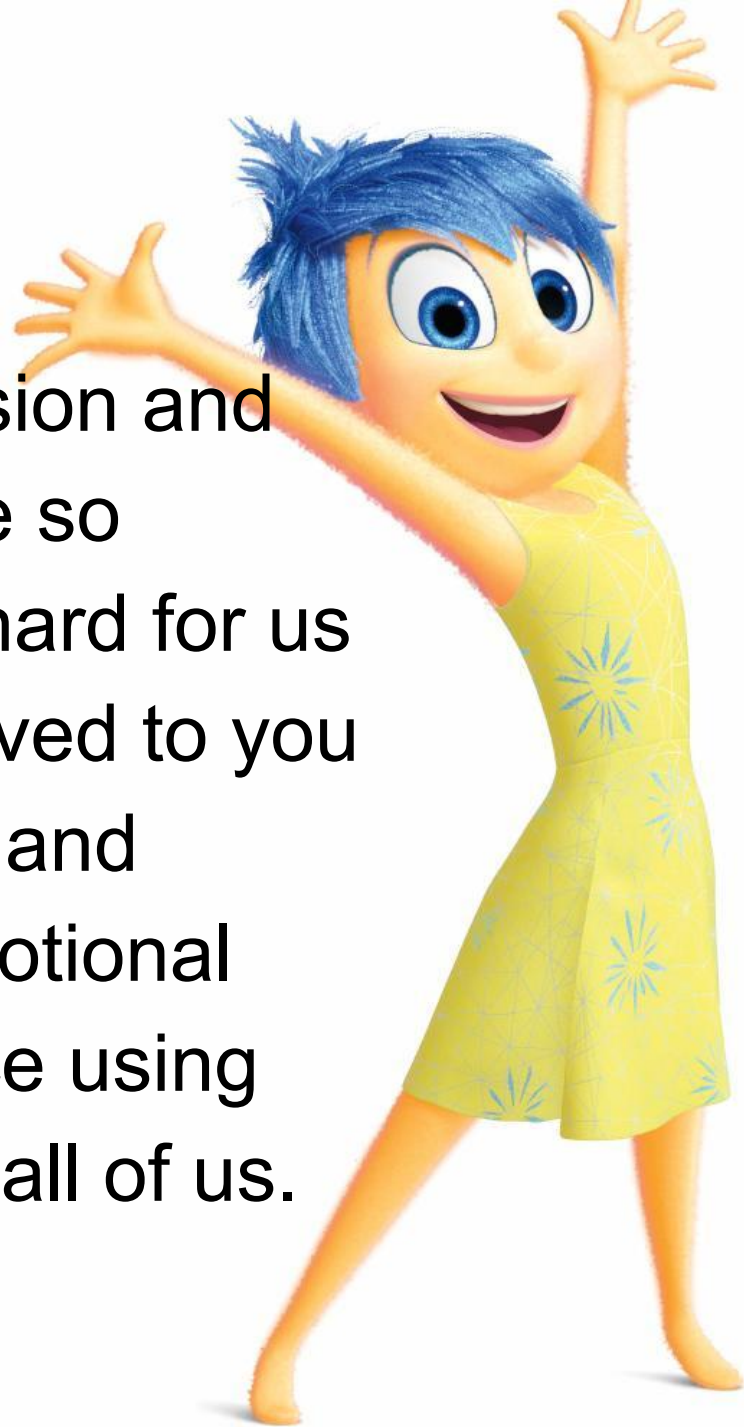
My favorite interventions:

- Biofeedback
- Sanvello app. Healthy Minds Program app. Mindset app.
- Mindfulness/MBSR
- Self-compassion - Kristin Neff
<http://self-compassion.org>
- Programs at <http://greatergood.berkeley.edu>



Summary:

We talked about depression and anxiety and why they are so prevalent. And why it is hard for us to be happy. I hope I proved to you that you can heal from it and prevent it by building emotional intelligence and resilience using simple tools available to all of us.



Remember:

Feelings of fear, sadness, anger, or anxiety are signals from the brain that we can “decode” and use to create a joyful life.

