



## MOODS MEDICATIONS, MEDITATION, & BEYOND

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# PRESENTER

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Put Differences to Work

[www.healthymindsmd.com](http://www.healthymindsmd.com)

Diplomate American Board Adult Psychiatry & Neurology

Diplomate American Board Child & Adolescent Psychiatry



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# WHAT IS HEALTH ?

## WHO DEFINITION

“Health is a state of **complete** physical, mental and social well-being and.

**not merely the  
absence of disease or infirmity”**

# MENTAL HEALTH

## WHO DEFINITION

“Mental health is a state of well-being in which an individual **realizes** his or her own abilities, can **cope** with the normal **stresses** of life, can **work** productively, and is able to make a **contribution** to his or her **community.**”

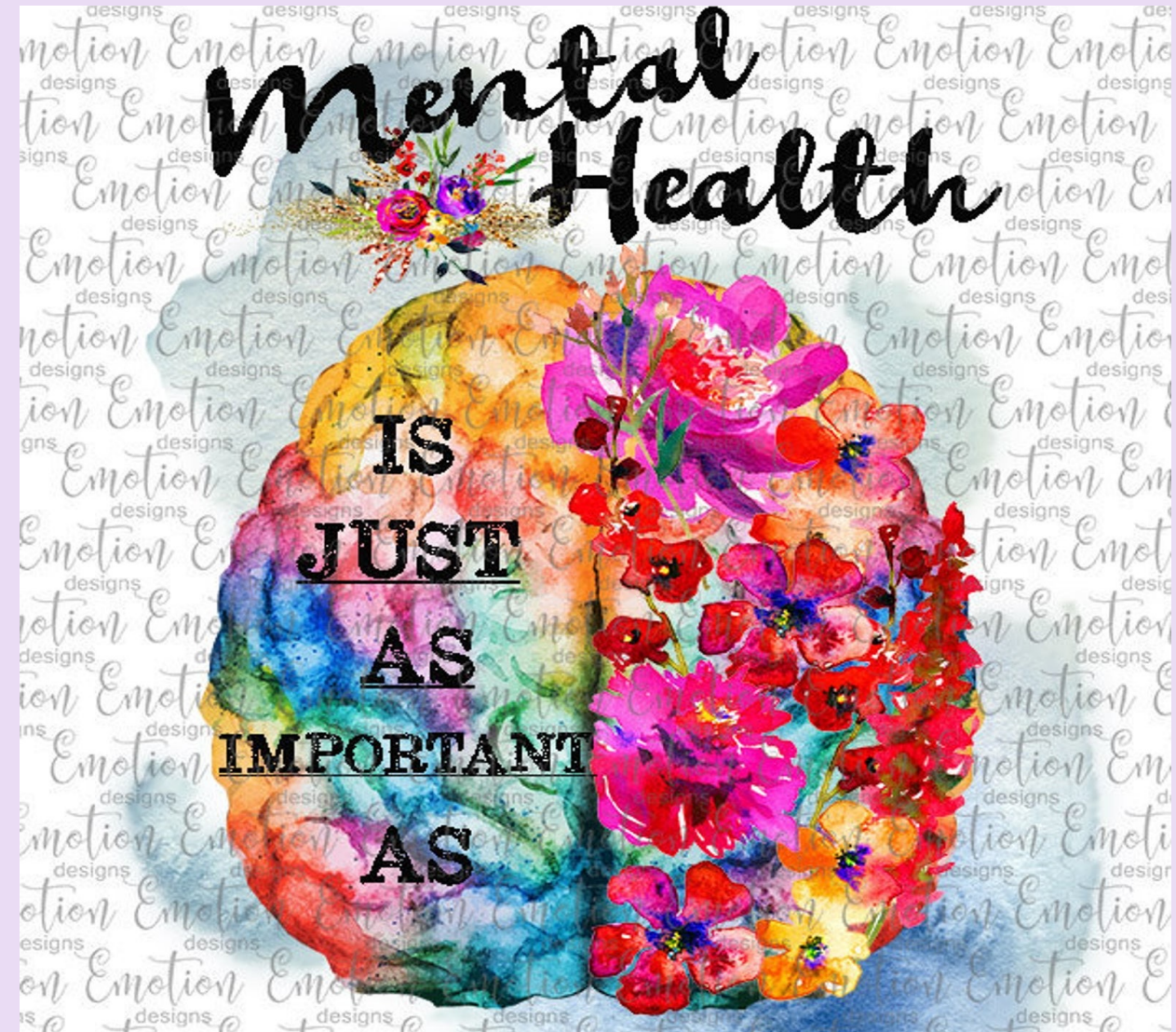
# Medical Science Concept Body Mind Crossroads

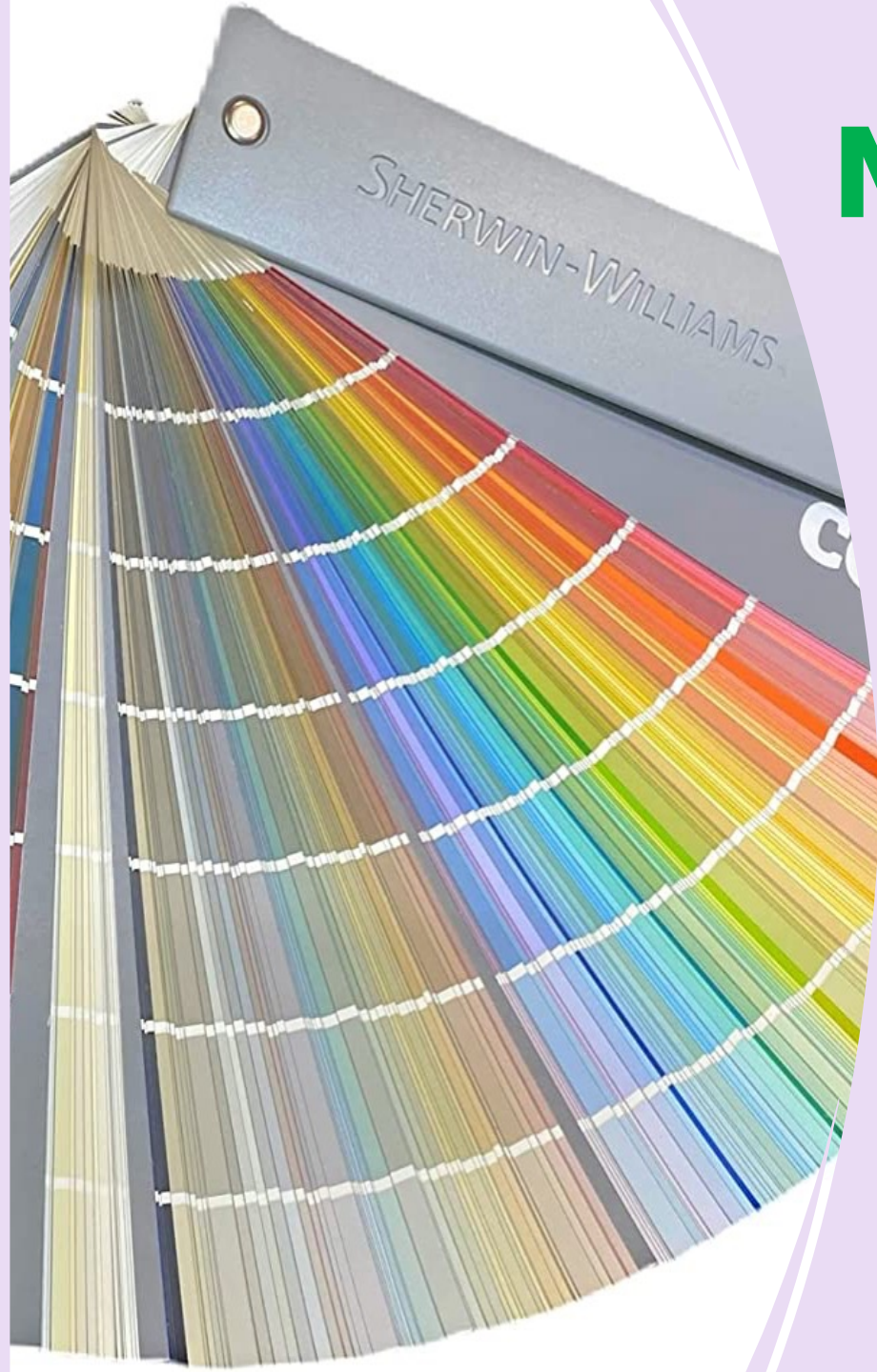
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## PILLAR OF ALL HEALTHS

- Behavioral
- Emotional
- Cognitive
- Social
- Spiritual
- Financial

**RELATIONSHIPS  
RELATIONSHIPS  
RELATIONSHIPS**





# MOODS AND BEYOND

- Fifty shades of blue / pink/ ...colors
- Anxiety
- Depression
- Bipolar
- And beyond

# WHAT IS MOOD DEPRESSION ANXIETY AND BEYOND





# WHAT IS MOOD?

## ANXIETY DEPRESSION AND BEYOND

- Are all sad experiences depression?
- Are all worries anxiety?
- Depression may occur only once during your life
- Cannot function-Home, Work , School, Socially, ....
- Lasts for long time: Cannot snap out of the blues / worries
- People typically have multiple episodes
- During these episodes, symptoms occur most of the day, nearly every day and may include.....
- Cannot function

# WHAT IS ANXIETY ?

- I am **afraid** of dark/ night?
- **Worries** about health?
- **Thinking a lot/often** about money problems?
- **Heart pounding** about the bad weather reports?
- **Stomach aches / headache** before the job interview?

# WHAT IS ANXIETY ?

## SYMPTOMS

- Feeling restless, wound-up, or on-edge
- Difficulty falling or staying asleep
- Appetite and diet impaired
- Easily fatigued
- Difficulty concentrating
- Irritable, Angry, Out of control behaviors
- Headaches, muscle aches, stomachaches, unexplained pains
- **Difficulty controlling feelings of worry**

# WHAT IS ANXIETY ?

- Generalized Anxiety
- Panic Disorder
- Social Anxiety
- Various phobia-related –general and specific
- Separation Anxiety –in children, adults & elderly
- Obsessive Compulsive –OCD & related entities

# WHAT IS DEPRESSION

- Is it sadness?
- Bouts of blues?
- Not getting out of the house?
- Eating / sleeping too little or too much?
- Yelling, screaming and throwing things?
- Blaming oneself for everything and nothing?
- Unable to remember things?
- Not able to enjoy? Helpless Hopeless



**IS HAPPINESS IS  
BEYOND MERE  
ABSENCE  
OF UNHAPPINESS?**



# WHAT IS DEPRESSION

May be all / some of the above

- Are all sad experiences depression?
- Depression may occur only once during your life,
- People typically have multiple episodes
- During these episodes, symptoms occur most of the day, nearly every day and may include.....
- **Not caused by a physical health condition**

# SYMPTOMS OF DEPRESSION

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- **Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide**
- Unexplained physical problems, such as back pain or headaches



# DEPRESSION IN THE ELDERLY

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

# DEPRESSION IN CHILDREN & TEENS

## Children-

- Sadness, irritability, clinginess, worry, aches / pains
- REFUSING to go to school or being underweight
- **Teens:** All of the above, other possible symptoms
- Anger / Agitation, low grades / school attendance
- Feeling negative, worthless misunderstood / very sensitive
- Recreational drugs or alcohol, eating or sleeping too much, **self-harm**, loss of interest in normal activities, and avoidance of social interaction

# RISK FACTORS TRIGGERS

- Family History
- Adverse Childhood Experiences
- Stress
- Life events: Personal, Social, Financial & Community
- Losses, Trauma
- Shyness / discomfort in new situations since childhood
- Immigration
- **LONELINESS AND ISOLATION**
- Physical Health : Low Thyroid, Heart, Stroke, Cancer,
- Medications/Substances: Aspirin, Steroids, Asthma, Seizure, Caffeine, THC

# WHAT IS MOOD? ANXIETY DEPRESSION AND BEYOND WHY SHOULD WE CARE?

MORBIDITY AND MORTALTY

**Functioning** affected in all areas

**Inability** to enjoy

Thoughts of life not worth living

**SAFETY CONCERNS IMMINENT DANGER TO  
SELF OR OTHERS**

**Thoughts Intentions and plans**

# MOOD MANAGEMENT

- **Psychotherapy**

- Cognitive Behavioral Therapy (CBT)
- Mindfulness Based Stress Reduction (MSBR)
- Interpersonal
- Psychodynamic
- Acceptance and Commitment Therapy (ACT)
- Family Therapy

- **Psycho-pharmacology (Medications)**

- Antidepressants (ADs) Selective Serotonin Reuptake Inhibitors (SSRIs)
- Antianxiety: Benzodiazepines (Xanax, Ativan, Klonopin)
- Beta Blockers

# WHY MENTAL HEALTH CRISIS

- Stress
- WHAT DID CV-19 DO
- Instability Insecurity
- Uncertainty
- Technology
- Changing Demographics
- Global Warming
- And.....



# HAPPINESS HEALTH AND WEALTH COVID 19 AND BEYOND

- Science and Research
- Loss Of Sadness?
- Pleasure: Hedonism
- Self Fulfillment: Aristotle-*Eudaimonia*

**HAPPINESS IS BEYOND MERE  
ABSENCE OF UNHAPPINESS**



# RELAXATION MEDITATION MINDFULNESS

- Stress reduction
- Relaxation: Great Coping Skill
- Meditation: Calmness Increase Focus Emotional Control
- Mindfulness: Based Stress Reduction Program (MBSR)
- Yoga
- Exercise
- Reduce Electronics use
- Practice Silence
- Walking "The future lies that way to me, and the earth seems more unexhausted and richer on that side." -Thoreau
- Alone Time

**RELATIONSHIPS RELATIONSHIPS RELATIONSHIPS**

**With oneself nature and others**

# TIPS AND STRATEGIES

**DO NOT LET STRESS INTERFERE WITH DAILY ACTIVITIES**

- Self Care: **NERVES-Nutrition** Exercise Relax
  - **Vent Validate** Engage

**SLEEP SLEEP SLEEP .....sleep**

- Maintain a Routine
- Set Boundaries: With Self, Work-Home, People
- Practice / Model Non-Anxious Behaviors
- Increase Self Awareness
- MINDFULNESS

# SELF - CARE 7 PILLARS

## International Foundation of Self-Care

1. Knowledge & Health Literacy
2. Mental Wellbeing, Self Awareness
3. Physical Activity
4. Diet : Healthy Eating
5. Risk Avoidance: E.g Vaccinations, Quit smoking, reduce alcohol use
6. Hygiene
7. Responsible use of products & Services



# IT TAKES A VILLAGE

**Create Your Village**

**Draw Images of villages of your dreams and  
more...**

Let's Write about villages

Let's Build Healthy Relationships

Let's Build Builders

Let's work to evolve healthy minds

Healthy Minds put differences to work

# WHAT IS MOOD? ANXIETY DEPRESSION AND BEYOND ONLINE REOURCES

- <https://www.psychiatry.org>
- <https://www.aacap.org>
- <https://www.nimh.nih.gov/health>
- <https://www.cdc.gov/mentalhealth>
- <https://mindfulnessinschools.org>
- <https://positivepsychology.com/mindfulness-therapy>

# WHAT IS MOOD? MENTAL HEALTH AND BEYOND DELAWARE REOURCES

- NAMI of Delaware
- [https://www.dhss.delaware.gov/dsamh/crisis\\_intervention.html](https://www.dhss.delaware.gov/dsamh/crisis_intervention.html)
- Help Is Here SAMHSA National Helpline 1-800-662-4357
- <https://www.helpisherede.com/>
- <https://delawarecfm.com/delaware-center-for-mindfulness>

**And the beautiful First state blessed with**

<https://dnrec.alpha.delaware.gov/parks/>

# THE END ? Really? Are You Sure

What if I say it's the  
**BEGINNING**

The 4 C's: Creativity,  
Culture, Contemplation,  
Community

Charisse Minerva

( <https://mindfulnessinschools.org> )

