



# Behavioral Health for Today!

*Using the Techniques of  
Behavioral Health to Deal  
Effectively with Depression,  
Anxiety and Stress!*

Marlene Shiple, Ph.D.  
Counselors Associated, Inc.  
(602) 266 – 6662

<http://counselorsassociated.com>

## Behavioral Health for Today: Depression

### Depression Questionnaire:

- 1. Do you feel hopeless, pessimistic?
- 2. Are you fatigued, with low energy?
- 3. Do you have difficulty concentrating? remembering?
- 4. Are you persistently sad?
- 5. Do you have an “empty” mood?
- 6. Do you feel helpless? Worthless?
- 7. Do you have no interest in what you once enjoyed?
- 8. Do you have trouble making decisions?
- 9. Have you had sudden appetite/weight changes?
- 10. Do you have trouble sleeping? oversleeping?
- 11. Do you have thoughts of death? suicide? a suicide attempt?
- 12. Do you have physical symptoms that don't respond to routine treatment?
- 13. Are you restless and irritable?

**DEFINITION:** Depression is a serious medical condition that involves the body, mood and thoughts. It can affect the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely “pull themselves together” and get better. Appropriate treatment can help most people who have depression.

### FACTS ABOUT DEPRESSION:

1. Depressive disorders are common: they affect an estimated 9.5% of adult Americans/year. This is approximately 19,000,000 people.
2. Depressive disorders often begin between the ages of 15 and 30; they can also appear in children.
3. The World Health Organization's World Health Report, 2001 states that in the year 2000, depression (not including bipolar disorder) was the *leading* cause of years lived with a disability among men and women of all ages in the U. S. and worldwide.

### What You Can Do ...

If you find yourself experiencing 3 or more of the items in the top section,

1. Make plans with friends (/a friend) – get out and do activities.
2. Exercise.
3. Get involved in something you find meaningful.
4. Breathe.
5. Focus on Positive Thoughts and Ideas.
6. Seek professional help – Consult a psychiatrist **AND** Consult a counselor.

## Behavioral Health for Today: Anxiety Disorder

### **Anxiety Questionnaire:**

1. Do you feel constant, exaggerated worry?
2. Do you frequently experience muscle tension?
3. Do you often tremble, feel tense and tired, have nausea and/or headache?
4. Do you anticipate the worst even though there is little reason?
5. Are you tense about everyday routine life events?
6. Do you avoid situations in which you feel fearful or embarrassed?
7. Do you have fear of scrutiny or humiliation in social situations?
8. Do you experience disabling, irrational fear at something that poses no actual danger?
9. Do you have nightmares? Flashbacks?
10. Do you experience numbing of emotions?
11. Are you irritable and/or distracted?
12. Are you easily startled?
13. Do you have repeated episodes of intense fear that strike often, without warning?
14. Do you experience dizziness, fear of dying, shortness of breath, and chest pain?

**DEFINITION:** Anxiety disorders are illnesses that fill people's lives with overwhelming anxiety and fear that are chronic, unremitting, and can grow progressively worse. Tormented by panic attacks, obsessive thoughts, flashbacks, nightmares, or countless frightening physical symptoms, some people with anxiety disorders can become housebound.

### **TYPES of Anxiety Disorders:**

- **Panic Disorder** – repeated episodes of intense fear striking often, without warning;
- **Obsessive-Compulsive Disorder** – repeated, unwanted thoughts or compulsive behaviors that seem impossible to stop or control
- **Post-Traumatic Stress Disorder** – persistent symptoms that occur after experiencing a traumatic event – e.g., war, disaster, vehicle crash, assault
- **Phobias** – extreme, disabling, irrational fear of something that poses little or no actual danger; leads to avoidance of objects or situations.
- **Generalized Anxiety Disorder** – constant, exaggerated, worrisome thoughts and tension about everyday routine life events and activities.

What You Can Do ...

1. Pay attention to breathing deeply and slowly.
2. Use #1 and let your body relax.
3. Notice the messages you have been giving yourself about the situation.
4. Begin to change these messages to positive, affirmative statements to yourself.
5. Choose the smallest step ... do it   Desensitization
6. Seek professional help – Consult a psychiatrist **AND** Consult a counselor.

### Behavioral Health for Today: Stress

#### Stress Questionnaire: To Cope with a Stressful Event/Series of Events, I ...

- 1. I endeavor to handle the things I can and accept the things I can't.
- 2. I ignore a problem and hope it will go away.
- 3. I am involved in a hobby/interest that helps me relax and unwind.
- 4. I take medicine to help me unwind and sleep better.
- 5. I meditate, read on spiritual topics and pray to enhance my spiritual life.
- 6. I worry about a problem, fearful of making a mistake.
- 7. I change my outlook on the problem and see it from a different viewpoint.
- 8. I go out shopping and buy myself something expensive to make myself feel good.
- 9. I get together with friend(s) and laugh at a funny movie.
- 10. I have a drink and smoke a cigarette.
- 11. I take time to breathe deeply and slowly ... and relax.
- 12. I get irritable and lash out on those around me.
- 13. I exercise for 30' at an activity that I enjoy.
- 14. I turn to food and eat what gives me comfort.
- 15. I pay attention to my needs and meet them in constructive ways.
- 16. I withdraw emotionally and isolate myself.

**DEFINITION:** Stress is a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind.

#### Types of Stress:

1. **Eustress** -- a type of short-term positive stress that provides immediate strength; arises at points of increased activity, enthusiasm, and creativity, when inspiration is needed.
2. **Distress** -- a negative stress brought about by constant readjustments or alterations in a routine; creates feelings of discomfort, dis-ease and unfamiliarity.
3. **Hyperstress** -- Hyperstress occurs when an individual is pushed beyond what he or she can handle; results from being overloaded or overworked.
4. **Hypostress** -- Hypostress is the opposite of hyperstress; occurs when an individual is bored or unchallenged; results in restlessness, fatigue and distractibility.

#### What You Can Do ...

1. Stop whatever you are doing and take a breathing break.  
-- Breathing Break: take 15 slow, deep breaths as you let your body totally relax
2. Take time to spend on something you truly enjoy; do it just for you!
3. Treat yourself to a warm bath or shower.
4. Meditate.
5. Listen to relaxing music.
6. Read a book that you find inspirational and uplifting.