



SOAR : Depression: Managing Triggers and Trouble Shooting tool kit

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Depression can have multiple contributing factors or exacerbators including physical illness, social stressors, cognitive pathways

Optimizing health related behaviors can serve as both a buffer and trouble shooting

It can take time, patience, and a team to understand how to most effectively manage symptoms, I'd like to share some common pathways/misconceptions

Friends and family can play an effective role in both problem recognition and problem solving



Stigma leads to stagnation and
impairment of recovery, please
consider mental health and illness
as on a spectrum



What is depression/what does
it look like?



What factors can influence
the mental health of myself or
family?



A question my patients
often wonder “why do
I feel (or think) (or keep
on doing things I regret)
this way

Briefly- interplay of physical illness and symptoms of depression/anxiety

- **Heart, lung and gastrointestinal system** issues very often have concurrent mental health symptoms
- **Chronic pain** can be a major driver of low mood- and also correlate with high amounts of fear and negative self talk and dysfunctional coping mechanisms, those ride a long symptoms can be a major cause of problems with function
- **Blood counts-** anemia
- **Other hormonal** symptoms (e.g. those that control stress hormones, electrolyte balance, sleep/wake system)
- Sometimes people can get stress related **rashes**



What can I do that might
prevent/tackle such a
problem?

Coping skills that are not (as) healthy

- ▶ -Coping skills that just sweep problems under rug -Coping skills that completely split off aspects of who we are or take an all or nothing approach to people
- ▶ -Coping skills that take the negative emotions we are feeling on the inside and using them to do damage to ourselves/the environment

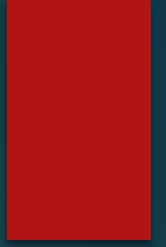
Coping skills that are healthy- directed at managing the feelings/stress

- ▶ -Deliberate suppression is appropriate at times, (redirect the thoughts, and remember Phillipians 4:8)
- ▶ -Exercise/sports
- ▶ -art/music I think can fall in both categories
- ▶ -Getting/spending time outside
- ▶ -Mindfulness- In my estimation fits in both categories
- ▶ -Are things balanced?- food/sleep, time for rest (Psalms 127:2) - Humour (Proverbs 17:22, Ecclesiastes 3:4)

Coping skills that are healthy- directed at solving the problem

- ▶ -Journaling
- ▶ -Talking things through
- ▶ -Setting boundaries
- ▶ -Connecting with friends/family
- ▶ -Supporting others/volunteerism
- ▶ -Some thoughts about therapy....





Role Friends and Family can play in support? (besides praying)

Questions?

