

## Depression(MDD)

Aka Clinical Depression

“Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.” -Mayo Clinic

- Not just a one day or one-week sadness, lasts for months, typically years
- Can cause struggle just completing daily activities e.g. eating, brushing teeth, showing, getting out of bed, getting dressed, socializing
- Depression can have only one episode in each person's life, but most people have multiple episodes
- The sadness could translate to anger and irritation
- Can cause unexplained physical pains
- People tend to move and think slowly
- Too tired to do anything, even eating enough food
- S/h thoughts and actions are common along with s/u thoughts.
- If it gets to the point where it interferes with daily activities going to a medical professional would be helpful
- Can be treated through therapy, medication, and personal work
- Typical medication is SSRIs, SNRIs, Atypical antidepressants, or MAOIs
- There are three main causes of depression: hormones, genetics, or brain chemistry/makeup
- There are outside forces that can cause/incline one to have depression: Trauma, high stress, abuse, alcohol/drug abuse, being LGBTQIA+, serious/chronic illnesses
- Typically begins forming early in age (teenage-twenties) though can develop anytime in life
- If help is not sought soon, hospitalization may be required
- Hospitalization helps the patient by working with a therapist and psychologist to improve mood and find medications
- If mood is not able to be improved or changed in a month or two, residential may be considered
- Residential is a long term care facility (6-9 months)
- There are many helpful at-home treatments such as group therapy, meditation, art therapy, exercise, music therapy, writing, and overall doing things you enjoy
- Keeping a journal of symptoms and day to day moods can be helpful to communicate with a doctor

## Generalized Anxiety Disorder(GAD)

- Similarly to MDD stress and anxiety is normal however if it's long term and interfering with life it is important to receive help
- Typically does go along with other mental diagnoses
- Overthinking, stress, indecisiveness, no relaxation, and avoiding certain situations are very common
- Worrying and stress feels uncontrollable
- Fidgeting with items or fidget toys can be very helpful to relieve stress
- Personally writing really helps relieve stress, specifically the sound of the keys typing
- Can cause several physical symptoms such as
  - Dizziness
  - Nausea
  - Fast bpm
  - Trembling
  - Tingles
  - Insomnia

## Paranoia

- A persistent feeling that someone or something is trying to harm you
- This could be as simple as thinking someone is at the foot of your bed or thinking your roommate is trying to kill you
- Paranoia in severe situations can be a psychotic symptom
- Paranoia is typically a symptom of another mental illness, but can be genetic

## Tics (not Tourettes)

- Sudden twitches, movement, or sounds that are repeated, uncontrolled by a person
- Tics can be caused by things other than Tourettes such as
  - Anxiety
  - ADHD
  - depression
  - autism spectrum disorder
  - learning difficulties
  - OCD
  - speech and language difficulties
  - sleep difficulties

- There are two other main kinds of tic disorder as well (Persistent aka chronic, Provisional)
- Most tic disorders are diagnosed in early childhood or before 18, but can form in adulthood in rare circumstances
- Tics tend to get worse under high stress or when attention is brought to them
- Mine are saying hi just writing about this
- Tics are brought up as an urge and can be partly suppressed but will result in a very unpleasant feeling
- Can cause extreme distress to a person, especially in public situations
- Tics can fade away over time or at least get better however most are chronic
- One form of therapy for tics is replacing the urge with a different action

Mayo Clinic. "Mayo Clinic - Mayo Clinic." *Mayo Clinic - Mayo Clinic*, Mayo Foundation for Medical Education and Research, 1 Oct. 2021, <https://www.mayoclinic.org/>.

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