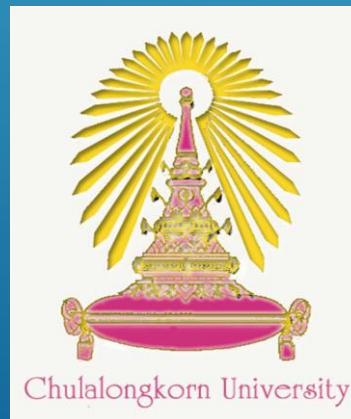


MOOD, EMOTION, AND STRESS MANAGEMENT

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Psychological Difficulties that cause Mood and Emotional Problems

- Depression
- Anxiety
- Stress



- A number of people around the world experience these difficulties.....
- We may experience these difficulties..
- How we deal with that??

1) Depression

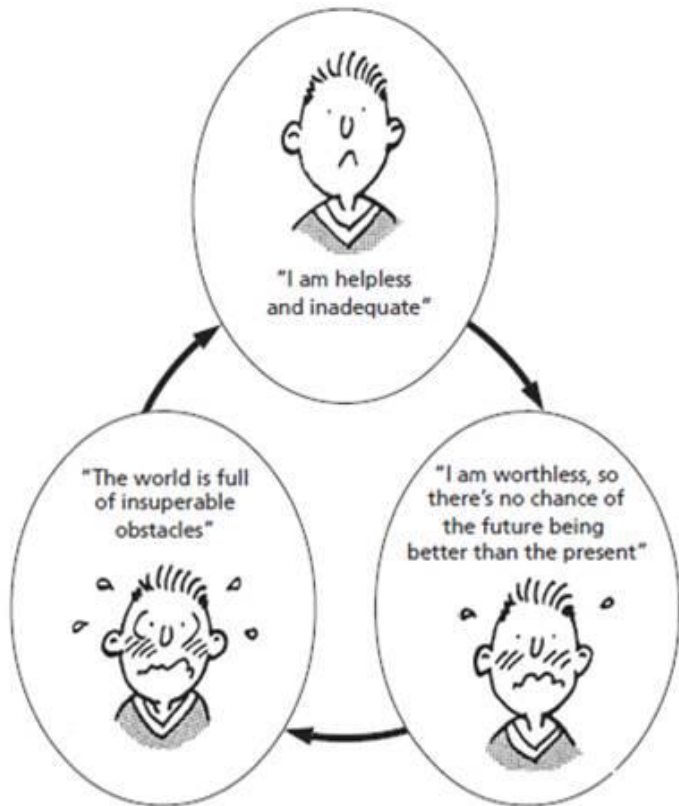
Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.



DSM-IV Criteria for Major Depressive Disorder (MDD)

- Depressed mood or a loss of interest or pleasure in daily activities for more than two weeks.
- Mood represents a change from the person's baseline.
- Impaired function: social, occupational, educational.
- Specific symptoms, at least 5 of these 9, present nearly every day:
 1. **Depressed mood or irritable** most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful).
 2. **Decreased interest or pleasure** in most activities, most of each day
 3. **Significant weight change (5%) or change in appetite**
 4. **Change in sleep**: Insomnia or hypersomnia
 5. **Change in activity**: Psychomotor agitation or retardation
 6. **Fatigue or loss of energy**
 7. **Guilt/worthlessness**: Feelings of worthlessness or excessive or inappropriate guilt
 8. **Concentration**: diminished ability to think or concentrate, or more indecisiveness
 9. **Suicidality**: Thoughts of death or suicide, or has suicide plan

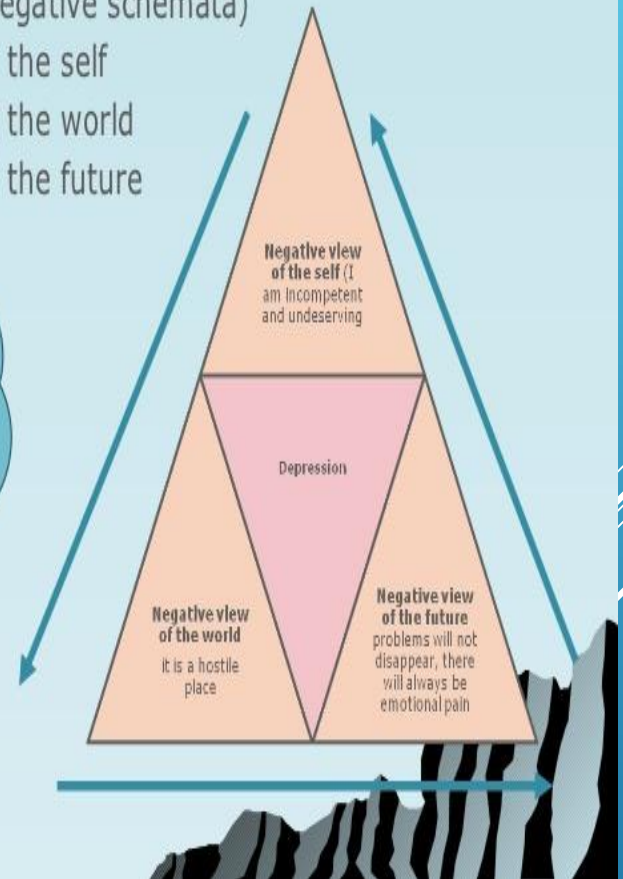
The cognitive triad



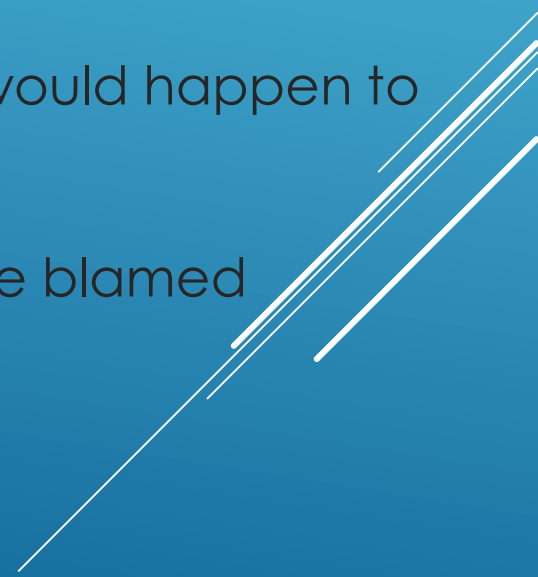
Beck's Model of Depression (1979) 'The Cognitive Triad'

◆ Negative Triad (3 negative schemata)

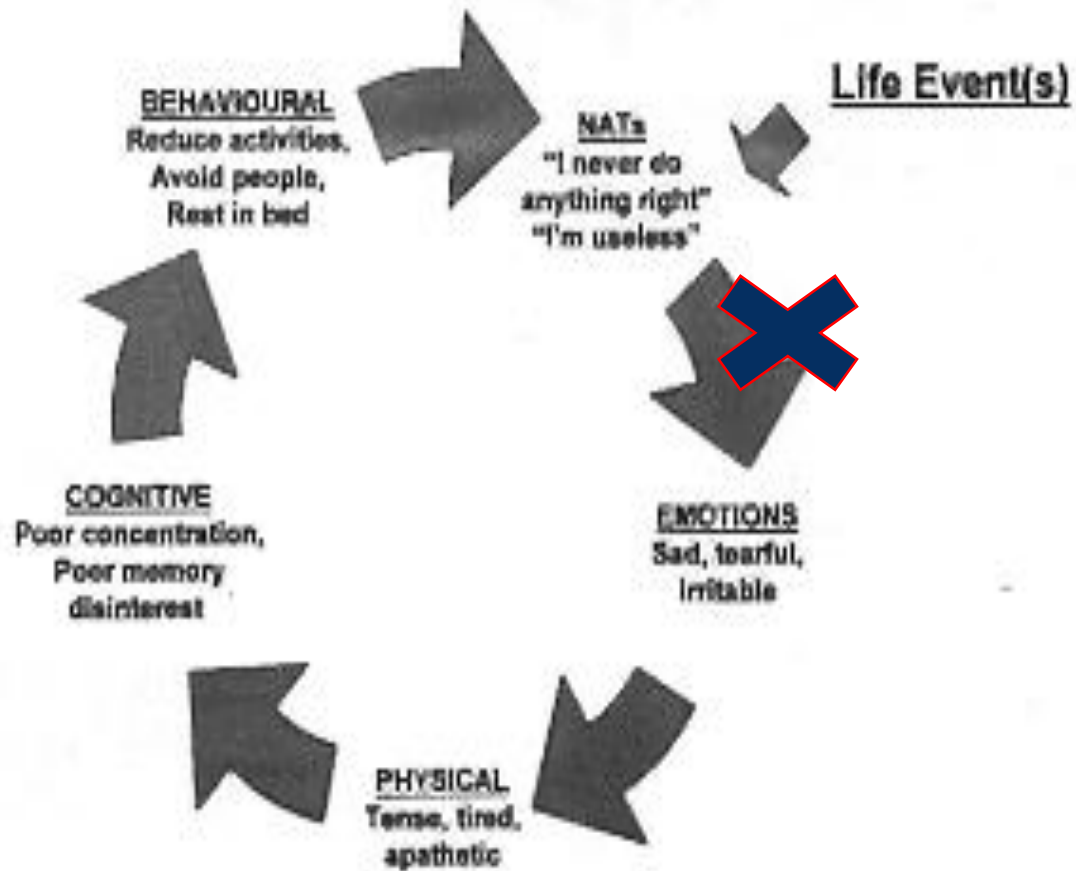
- negative view of the self
- negative view of the world
- negative view of the future



4 Cognitive Distortions always lead you to Depression

- Overgeneralization-----Conclusion from your negatively past experience
 - Selective Abstraction--- Small mistakes are bigger than the whole picture
 - Catastrophizing---Imagine the worst thing that would happen to me
 - Personalization-----I am the one who needs to be blamed
- 
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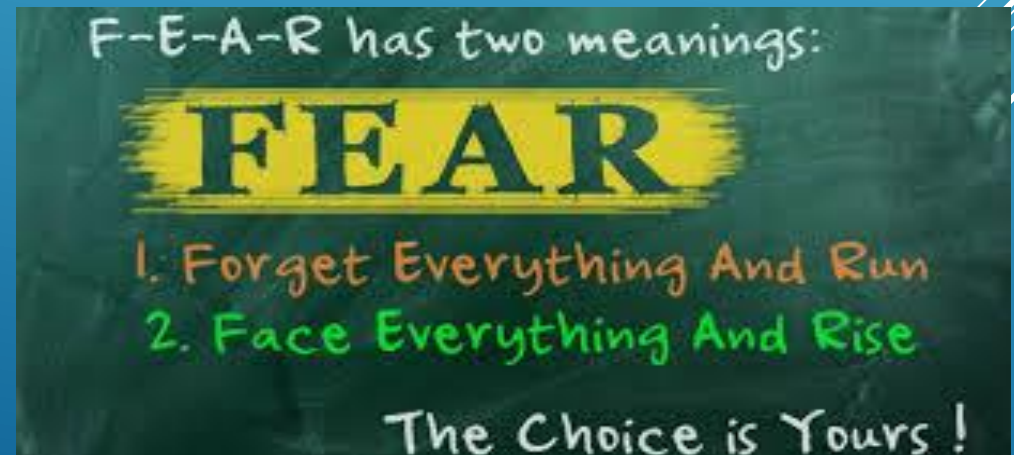
Maintenance of Depression



2) Anxiety

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.

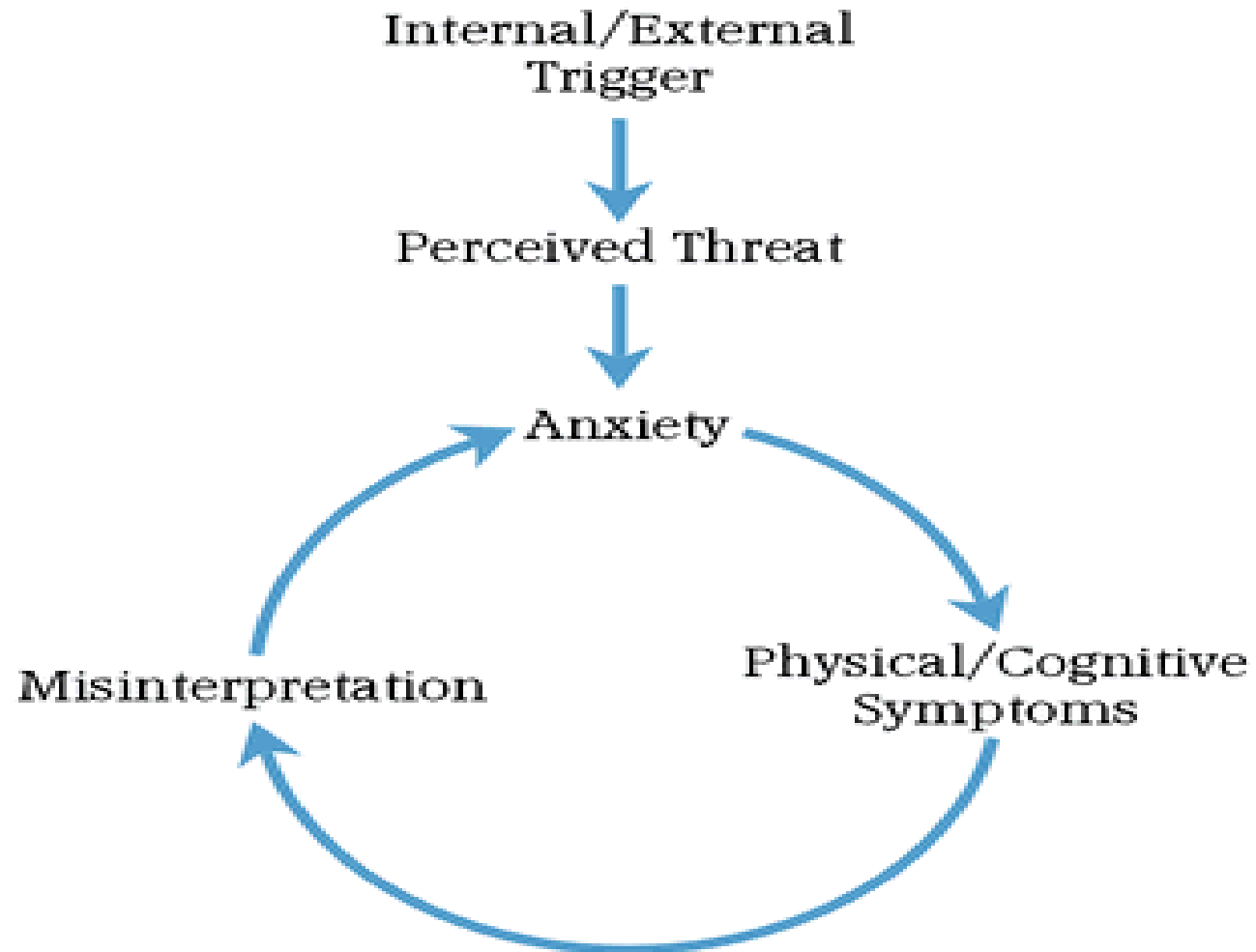
People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat.



Anxiety is the state in which an individual fails to differentiate between a real and an imagined threat (Amstadter, 2008). The term anxiety refers to a set of three major components, including

- 1) **Somatic arousal**---biological warning system that is triggered by either external or internal stimuli (e.g. negative thoughts). It consists of panic attacks, sweating, breathing difficulties, and rapid changes in heart rate.
- 2) **Avoidance behaviour**---involves controlling and reducing physical arousals that are provoked by fear or stimuli.
- 3) **Threat perception**---negative thoughts ---cognitive bias

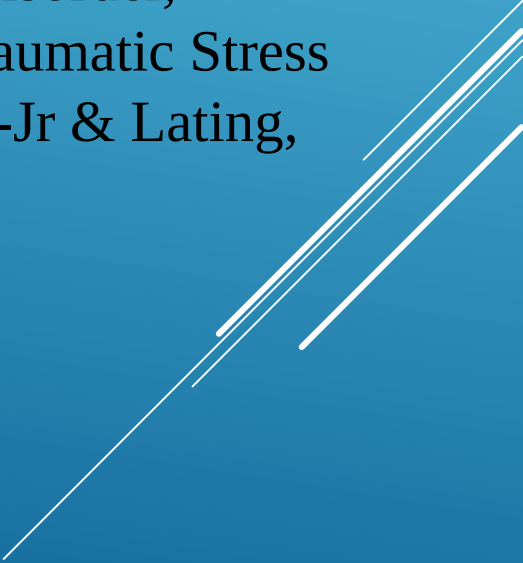
Model of Panic



Stress

Stress is a state that arises when individuals perceive a discrepancy between their environmental demands and their available resources. Individuals tend to respond to such transactions by either appropriately balancing their demands, or exhibiting a failed response called “the stress response” (Lazarus, 1998).

The stress response is associated with both physiological and psychological disorders. For example, well-established literature has associated Gastrointestinal Disorder, Cardiovascular Disorder, Respiratory Disorder, Brief Reactive Psychosis, Posttraumatic Stress Disorder, and Adjustment Disorder with stress (Everly-Jr & Lating, 2013).

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Dealing depression, Anxiety and Stress

- 1) Understand your cognitive style
- 2) Understand your coping style
 - 2.1 Confront Coping Strategies
 - 2.2 Emotional Coping Strategies
 - 2.3 Parallel Coping Strategies

- 1) Behavioral Activation
 - 2) Using Wise Mind
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Logical Mind

Uses logic and cause and effect reasoning to guide the individual.

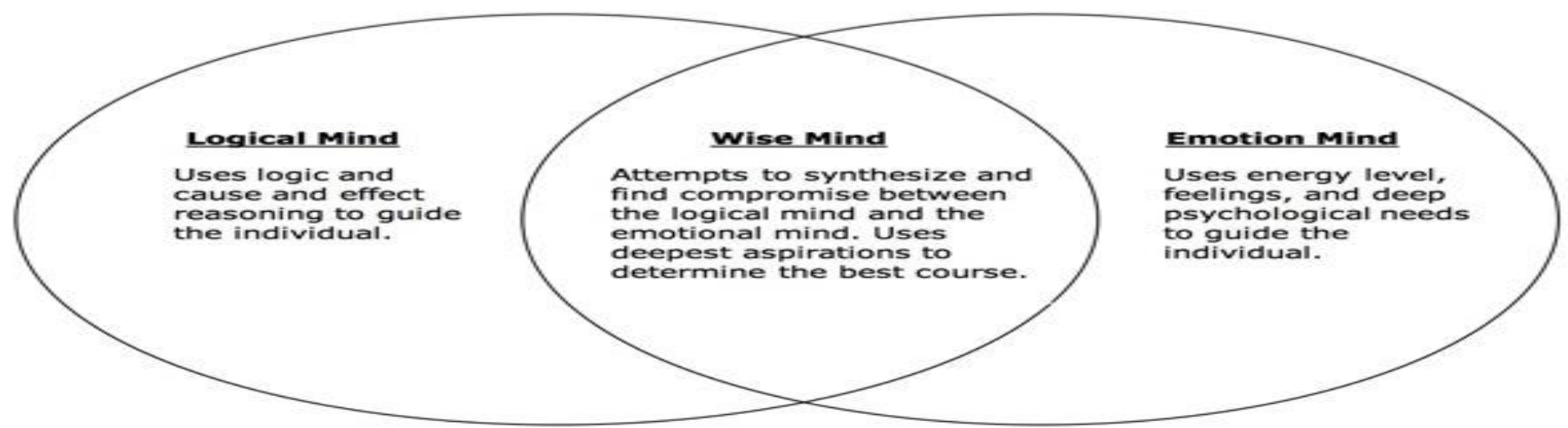
Wise Mind

Attempts to synthesize and find compromise between the logical mind and the emotional mind. Uses deepest aspirations to determine the best course.

Emotion Mind

Uses energy level, feelings, and deep psychological needs to guide the individual.

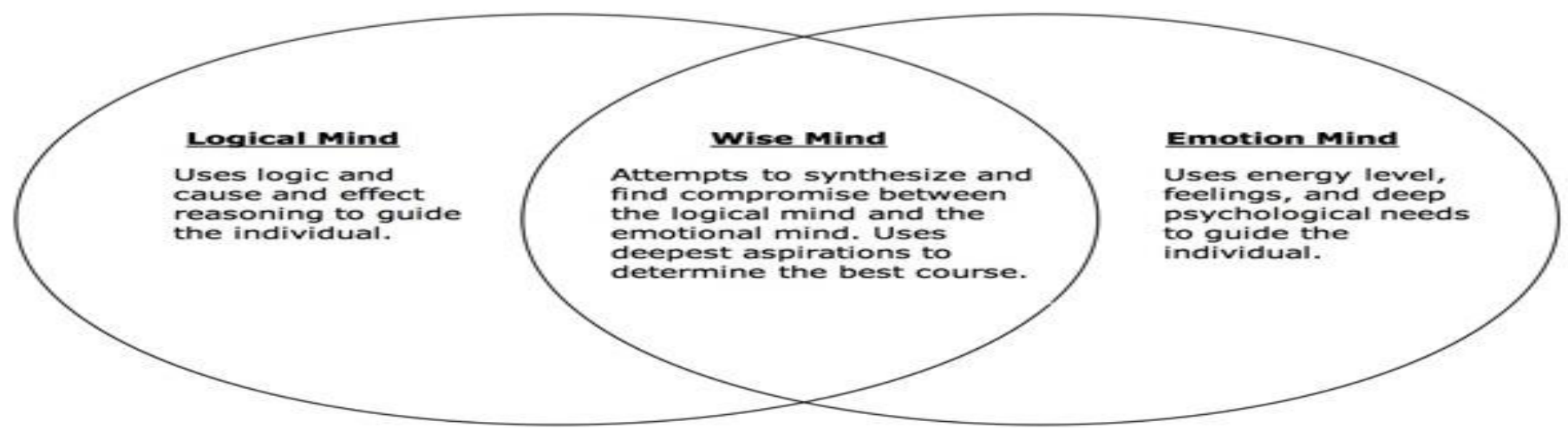
Logical or reasonable mind: You are in reasonable mind when you think logically and rationally.



Emotional Mind: If reasonable mind runs “cool” then emotion mind runs “hot.” Passionate, extreme, and intense reactions in emotion mind make reasonable, logical thinking difficult.

Emotion mind can flood your system with energy in anger or zap your energy in depression.

Emotion mind tends to be irresponsible, careless, mindless, impulsive, and impatient. Strong emotions distort facts, magnify excuses, and shrink your perception of consequences.



Wise mind is the active integration of emotion mind and rational mind. Wise Mind brings together the cold logic of reasonable mind and the heightened sensitivity of emotion mind to a centered calm state of mind. Wise Mind is doing the best you can under the circumstances.