

Let's talk

STRESS VS DEPRESSION

Stress and Depression are common health invaders worldwide but they are not quite the same

STRESS

Definition

any type of change that causes physical, emotional, or psychological strain. It is the body's reactions to things that demand attention or action.

Everyone experiences stress to some degree.

DEPRESSION

Definition

A mental disorder characterised by a persistent state of sadness that interferes with normal function and may be associated with decreased interest or pleasure in activities.

Causes

Stressors such as - work, school, finances, relationships, parenting

Causes

The exact cause is unknown. Theories include neurotransmitter imbalances, pre-existing mental disorders, and genetics

Types

Acute stress (short-term)
Chronic stress (long-term)
Episodic acute stress ('way of life')

Eustress (good type, energising)

Types

Major depressive disorder
Persistent depressive disorder
Postpartum depression
Bipolar disorder

Everyone experiences stress to some degree

Symptoms last for at least 2 weeks.



DEPRESSION SYMPTOMS

Depressed mood most of the day.

Diminished interest or pleasure

Significant unintentional weight loss or gain.

Insomnia or sleeping too much

Agitation or psychomotor retardation noticed by others.

Fatigue or loss of energy

Feelings of worthlessness or excessive guilt

Diminished ability to think, concentrate, indecisiveness

indecisiveness. Recurrent thoughts of death

STRESS SYMPTOMS

Fear

Worry

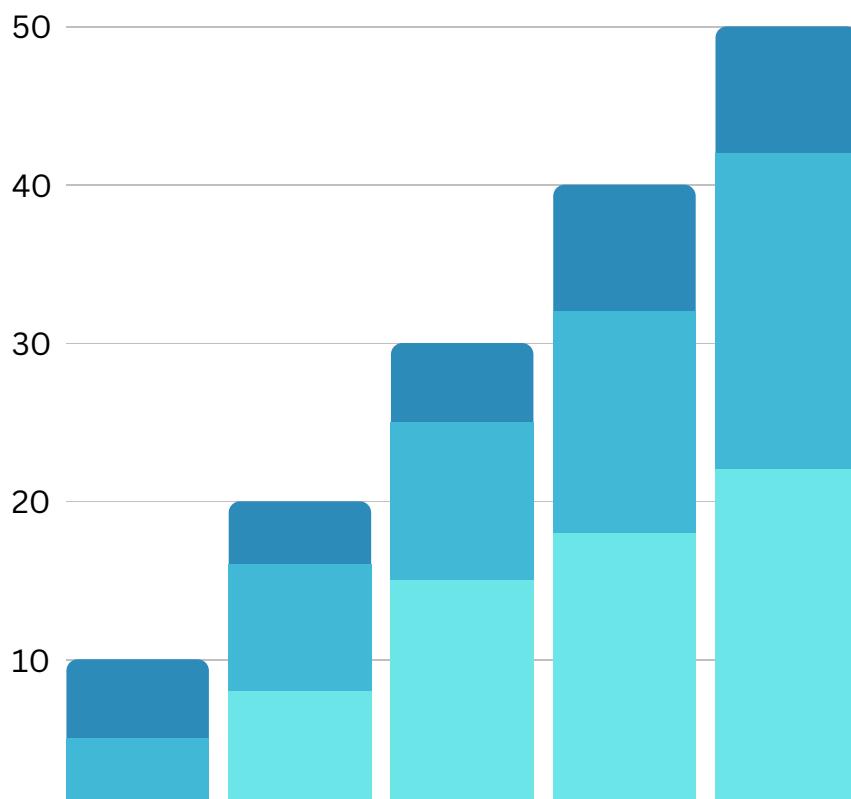
Disturbance in
sleeping
patterns

Changes in
eating
patterns

Increased use of
alcohol, tobacco, and
other drugs

Inability to
focus

Increased
heart rate



5% OF ADULTS

Globally, it is estimated that 5% of adults suffer from depression

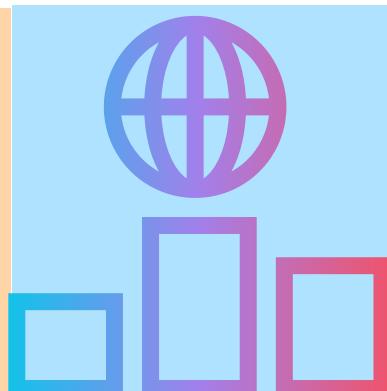


UNDIAGNOSED = UNTREATED

Although there are known, effective treatments for mental disorders, more than 75% of people in low- and middle-income countries receive no treatment



STATISTICS



RANKED 4TH

- Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease.

MEN VS WOMEN

More women are affected by depression than men. Studies suggest that this is due to endocrine changes during menstruation and menopause, higher rates of thyroid dysfunction, and greater exposure or responses to daily stressors



COVID AND STRESSED OUT

A study conducted by *Pharma Dynamics* highlights how South Africans have been impacted by the pandemic. revealed the following data:

- 38% feel tired and complain of low energy levels.
- 35% are easily annoyed and irritated.
- 33% have trouble concentrating.
- 22% feel a sense of loss.
- 49% feel anxious, 48% frustrated, 31% depressed and a significant, 6%, have contemplated suicide.

IMPACT ON THE BODY

Decline of health

FEELING OF SADNESS

WEIGHT GAIN OR LOSS

HYPERTENSION AND CARDIOVASCULAR DISEASE

INSOMNIA OR HYPERSOMNIA

WEAKEN IMMUNE SYSTEM

FATIGUE - LOW ENERGY LEVELS

PAIN - THEIR JOINTS, LIMBS, OR BACK



There is hope

Treatment



Stress Management

There is no pharmacological treatment for stress unless it is the alleviation of insomnia.



Depression management

Antidepressants: such as selective serotonin reuptake inhibitors, tricyclic antidepressants, and monoamine oxidase inhibitors.

These modulate the neural activity in the brain.



Psychotherapy

Cognitive behavioural therapy (CBT): effective for milder depression. Combined with antidepressants for severe forms of depression.

Electroconvulsive therapy (ECT)

Indicated for major depressive disorders, high risk of suicide and failure of drug therapies



Bright light therapy

Involves exposure to bright light with an intensity of 1000 lux for 30 to 90 minutes. It is commonly used for seasonal depression.

INDIVIDUAL LIFESTYLE CHANGES

1



EXERCISE

Not only is it good for your body but it helps release endorphins which is a 'feel-good hormone.'

2



SLEEP ADEQUATELY

Avoid contributors to insomnia such as social media, caffeinated drinks and negative thoughts.
Teach yourself 'bed = sleep' nothing else.

3



MINIMISE NEWS FEEDS

Spending too much time on social media and tv can confuse you and become a stress trigger. Limit your exposure and take information from trusted sources

4



MEDITATION

Allows you to focus your thoughts and calm yourself.
Remember there are different forms of meditation, find one that suits you.

5



MINIMISE VS AVOID

Alcohol and illicit drugs provide short-term relief for recurrent problems - It may even worsen the situation. Break the cycle by reaching out or self-evaluating your actions

INDIVIDUAL LIFESTYLE CHANGES

6



CONNECT WITH OTHERS

Reach out, there are multiple channels available willing to help you. Life is hard but we are here help you get passed the hurdles

It boosts your confidence and helps combat stress. It may be an opportunity to express yourself and talents



7

LEARN SOMETHING NEW

8



VOLUNTEER

Provides you with a different perspective on life and problems. It does not have to be something big - small acts of kindness add to the puzzle

It is ok not to be ok, what matters most is how you react to the situation. Your mind is a great weapon but also a threat to health if left uncontrolled.



9

MINDSET

Helplines in South Africa

The South African Depression and Anxiety Group (SADAG) - Suicide crisis helpline

0800 567 567

Adcock Ingram Depression & Anxiety Helpline

0800 70 80 90

Dr Reddy's Mental Health Helpline

0800 21 22 23

NPOwer SA Helpline

0800 515 515

Cipla Mental Health Helpline

0800 456 789

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