



Teen Depression, Suicide, Stress, Anxiety, Healthy Coping Skills

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**Is It
Teen Angst
or
Depression?**

Prefrontal Cortex Thinking: The Executive Function Skills **CEO**

- Abstract; conceptual understanding
 - Impulse Control
 - Problem-Solving
 - Decision-Making
 - Judgment
 - Emotion Regulation
 - Frustration Tolerance
- Ability to Feel Empathy

Is it all bad?

- <https://www.youtube.com/watch?v=3aDXM5H-Fuw&t=12s>

Depression in teens...

- May look different than adults
- Irritability or angry mood
- Unexplained aches and pains
- Withdrawing from others
- Extreme sensitivity to criticism and/or low self-esteem
- Sleep changes and tired all the time
- Acting out



SIG-E-CAPS

- Sleep, Interest, Guilt (Worthless), Energy, Concentration, Appetite, Psychomotor Agitation, Suicidal Ideation
- 5 of 9 nearly all day, everyday, for two weeks

Depression in Teens is on the rise

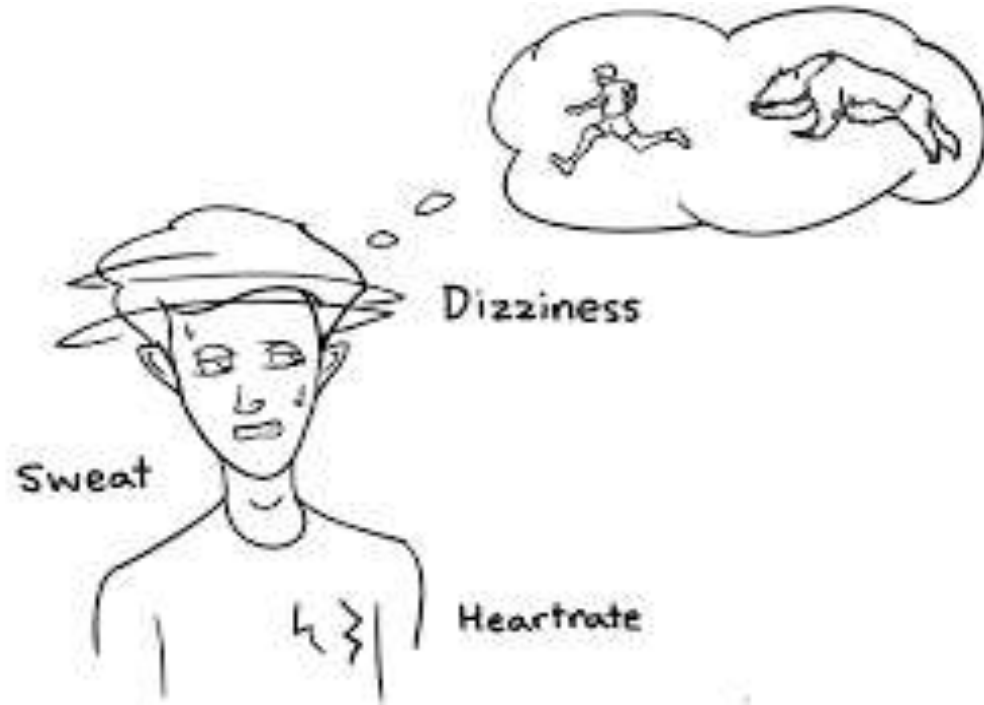
- In America today, high school and college students are **five to eight** times more likely to suffer from depressive symptoms as were teenagers 50 or 60 years ago. Why?
- Overuse of technology
- Role of the media and social media



What is anxiety?

How do I stop it?!

Anxiety: Low-grade, chronic fear

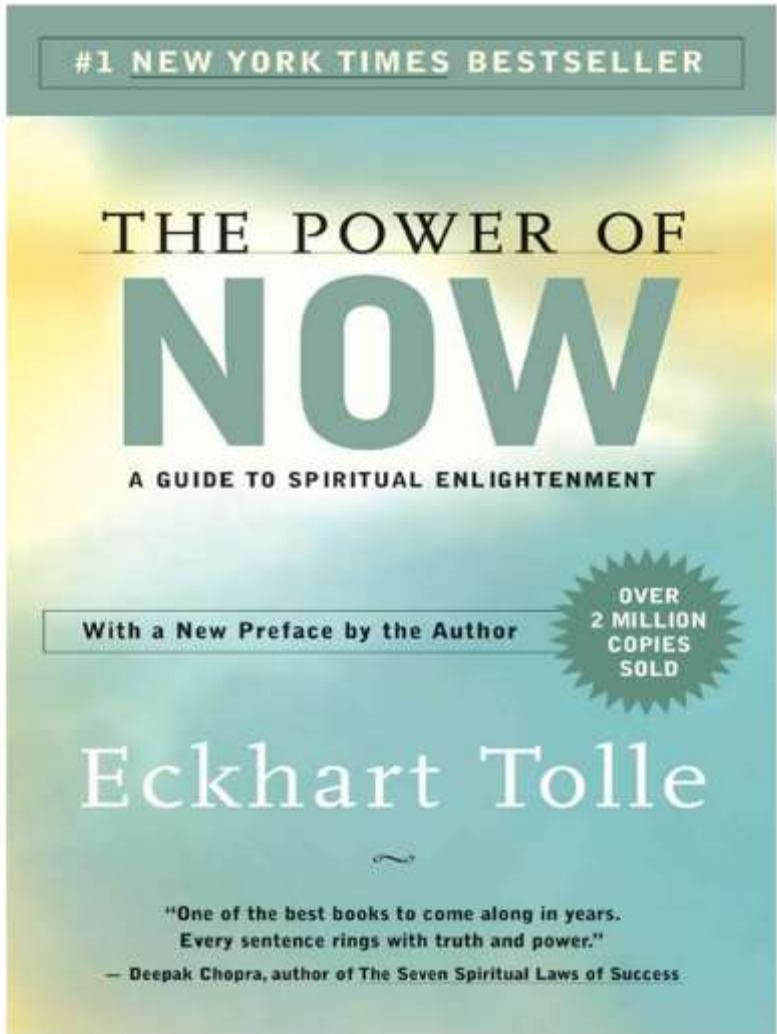


Mindfulness

- Practice of present-moment awareness
- Anxiety created through “future tripping”
- Past and future are concepts, they are not real- has anything ever happened to you in the past or the future?
- “utter preoccupation with the present moment”- it’s all there ever is!
- Depression and anxiety can only exist in past and future.
Cannot survive in the now

- <https://www.youtube.com/watch?v=w6T02g5hnT4>







STRESS

Re-thinking stress...

- <https://www.youtube.com/watch?v=RcGyVTAoXEU>

Relationship between Stress and Depression



STRESS = ↑CORTISOL

↑CORTISOL = ↓DOPAMINE

*↓DOPAMINE = **DEPRESSION***

5 Ways to lower cortisol levels

- Regular physical activity
- Mindfulness/meditation
- Social connectivity
- Laughter/levity
- Music
- What is your “release valve”?





Can You Guess? Top 5 Adult Stressors

1. Money
2. Work
3. Performance
4. Bereavement
5. Personal Issues or Events (getting married, having a child, family problems, etc.)

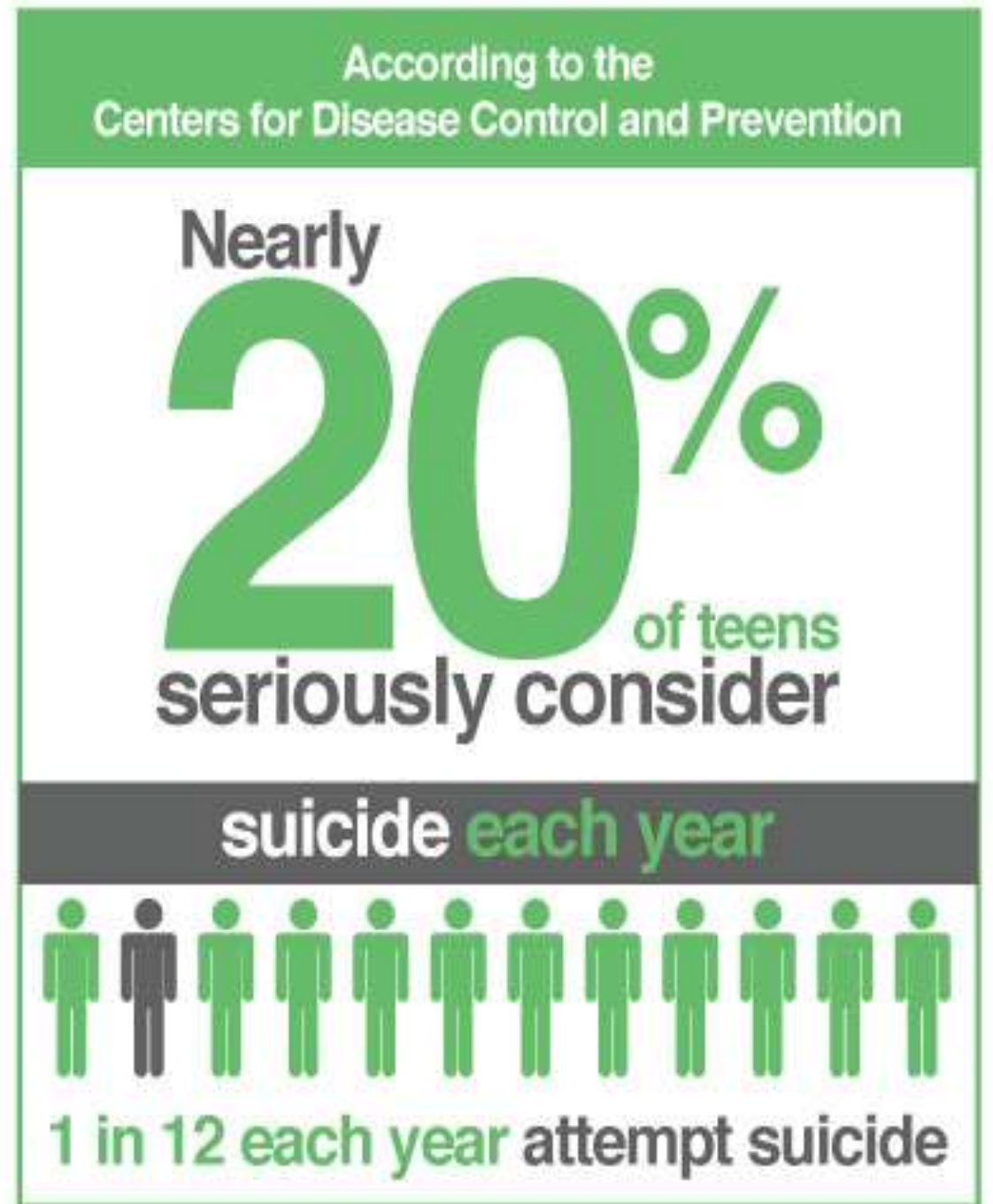


Can You Guess? Top 5 **Teen** Stressors

1. Family Problems
2. School
3. Friends
4. Body Image
5. Romantic Relationships

Suicide

- Suicide is the **second-leading cause of death** among children and young adults aged 10 to 24
- Increase in suicide rates in adolescents, particularly, **adolescent girls age 10-14**
- Adolescents are more likely to attempt suicide
- Why? (think Exec. Functioning)



Recognizing suicide warning signs



- ✓ Suicide threat and/or statements revealing a desire to die
- ✓ *Having a suicide plan, method, and means*
- ✓ Preoccupation with death
- ✓ Depression and marked changes in behavior
- ✓ Making final arrangements (e.g., giving away prized possessions)



PREVIOUS
suicide
ATTEMPTS

History of
SUBSTANCE
ABUSE



Physical
DISABILITY
or
ILLNESS



RELATIONSHIP
PROBLEMS

Some
Important

RISK
FACTORS
for suicide



Losing a
FRIEND or
FAMILY MEMBER
to **SUICIDE**

ACCESS to
HARMFUL
MEANS



Recent
DEATH of a
FAMILY
MEMBER

or a

CLOSE
FRIEND



MENTAL
HEALTH
CONDITION

Ongoing
EXPOSURE to
BULLYING
behavior





PARENT
connectedness

CONNECTIONS
to other
NON-PARENTAL
ADULTS



academic
ACHIEVEMENT



SCHOOL
SAFETY



PROTECTIVE
FACTORS

CLOSENESS
to **CARING**
FRIENDS



awareness
of and
ACCESS
to local
HEALTH
SERVICES



NEIGHBOURHOOD
SAFETY



overall
resilience

Risk Factors



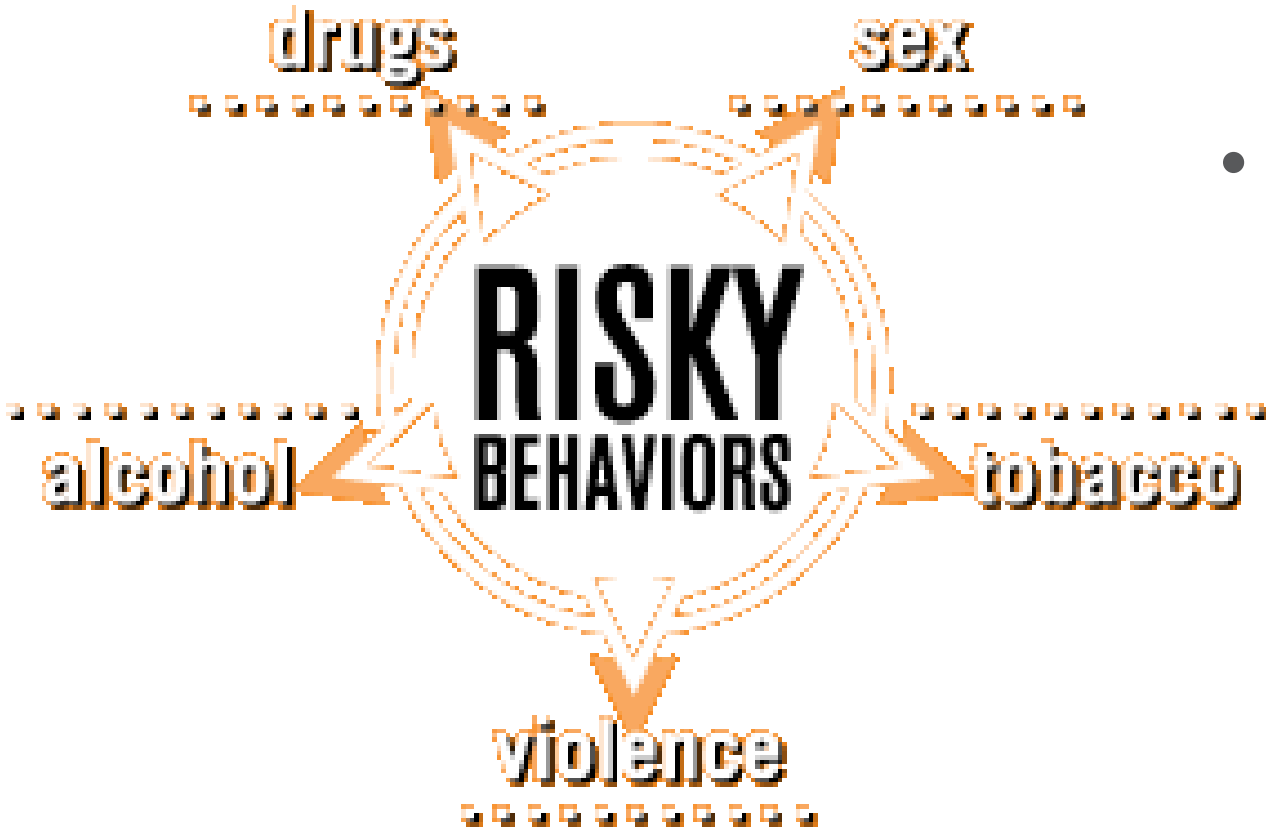
Level of Risk



**Protective
Factors**

Relationship to high risk behaviors

- High risk behaviors could lead to mental health problems
- Mental health problems could lead to high risk behaviors



$STRESS = \uparrow CORTISOL$

$\uparrow CORTISOL = \downarrow DOPAMINE$

$\downarrow DOPAMINE = \text{CRAVING}$

Preventing, managing, and treating depression, anxiety, stress, suicidality, and related high risk behaviors

- Catch depression, anxiety, and suicidal ideation **early**
- Early intervention with a **trained** professional (thinking errors)
- Monitor stress levels
- Increase healthy coping skills
- Provide education and information on impact of high risk behaviors
- Increase adolescent social support and **inclusion**

Apps That Help



Tools for Parents

- Validation
- Grounding techniques
- Mindful breathing (Ujjayi)



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