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

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Prefrontal Cortex Thinking: The Executive Function Skills

- 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
Contributing Factors for Depression and Anxiety

- No single cause
- Biological predisposition
- Situational
- Stress
- Trauma
- Social rejection/isolation
- Family issues or dynamics/expectations/validation
- Suicidality as a solution to pain or problems (black/white thinking)
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

Dizziness
Sweat
Heartrate

Oh, god... these tights are too tight. I think I'm gonna die!

ANXIETY GIRL!
Able to jump to the worst conclusion in a single bound!
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
“People don't realize that now is all there ever is; there is no past or future except as memory or anticipation in your mind.”

-Eckhart Tolle
Re-thinking stress...

• https://www.youtube.com/watch?v=RcGyVTAoXEU
Relationship between Stress and Depression

\[ \text{STRESS} = \uparrow \text{CORTISOL} \]
\[ \uparrow \text{CORTISOL} = \downarrow \text{DOPAMINE} \]
\[ \downarrow \text{DOPAMINE} = \text{DEPRESSION} \]
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)
Some Important Risk Factors for suicide:

- Previous suicide attempts
- History of substance abuse
- Physical disability or illness
- Relationship problems
- Losing a friend or family member to suicide
- Access to harmful means
- Ongoing exposure to bullying behavior
- Recent death of a family member
- Close friend
- History of a mental health condition
PROTECTIVE FACTORS

- Parent connectedness
- Academic achievement
- Awareness of and access to local health services
- Neighbourhood safety
- Connections to other non-parental adults
- School safety
- Closeness to caring friends
- Overall resilience
Risk Factors

Level of Risk

Protective Factors
High risk behaviors could lead to mental health problems

Mental health problems could lead to high risk behaviors

STRESS = ↑CORTISOL

↑CORTISOL = ↓DOPAMINE

↓DOPAMINE = 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)
• Utilize **B-Mod** contracts for homework & expected behaviors
• Foster positive relationships
• Monitor social media **regularly**
• Take care of yourself

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**Self-Care**

- **Eat**
- **Thinking**
- **Better**
- **Healthy**
- **Living**
- **Feel**
- **Good**
- **Regular**
- **Exercise**

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*It’s okay to make mistakes*
References


• Kalnes, K. B. (2014). Influence of social media use on adolescent females' perceptions of their body image. Dissertation Abstracts International Section A, 74,

• Social media and the media studies show influence self-esteem and depression in adolescent females.


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