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Chapter 1 : Tips to Banish Midlife Burnout and Depression - Depression Center - www.nxgvision.com

"The death of parents can be a marker, too, for these midlife events," Jones says. Midlife Crisis: His vs. Hers Men and women are equally likely to experience a transition or crisis, Jones says.

Acquiring a visible deformity: This may indicate that non-adults are less able to cope with stressful events and need more assistance to navigate stressful times. Selling a home, buying a home, or moving While major changes in living condition 25 is already listed on the Holmes and Rahe scale, the actual act of selling a home is not. One of our readers pointed out their experience, saying: High stakes testing These days, students in school take anywhere from ten to 30 tests a year. And this all in the space of a few hours. With pressure like this, we agree it should be on the list! One of our readers though believes this special type of anxiety deserves a place on the stress scale, saying: Becoming the victim of a crime Noticeably absent from the original list is becoming a victim of a crime. This can include personal crimes, including any type of personal assault, or property crimes that include burglary of your home or vehicle. In the case of personal assault, the stress may be compounded by the manner in which the victim is treated. Without support and understanding, or if the victim is blamed in some way for the crime, this can exponentially increase the already-high level of stress that accompanies this type of life event. Starting a business Changes at work "losing employment, looking for a job, promotions, etc. This could be any type of business, from a brick and mortar shop to an online business. Along with the financial uncertainty of starting your own business comes the pressure put on the spouse and family of the new business owner. If a couple starts a business together, then double the stress and put it under the same roof. Election years We offer this stressful life event a bit tongue-in-cheek, but it is true that some election years can be more stressful than others. When there is a major shift in the political landscape, a war, or a transition from one party leading the country to another, politics can make the most even-tempered people feel stress. How do the most stressful life events affect illness? We often think of stress as being a largely mental state. After all, it seems like we can stress out about things we only imagine. But stress is more than just a thought in our minds. Stress is a physical response in our body to a perceived threat. Thousands of years ago, this stress kept us alive by flooding our bodies with cortisol and adrenaline in large enough amounts to escape attacking animals or tribes. In modern times, our most stressful life events are much different. Our bodies respond the same way, though, and sometimes that can lead to illness. Lazarus is credited with the creation of the modern definition of stress. In theory, once we remove the stressor, our bodies return to a neutral state. This perfect biological system is interrupted when we experience stressful life events that then become chronic stress. A state of heightened, chronic stress can lead to an increased risk of illness, many of which can be very serious. This correlation has been verified time and again in the research. While not an illness in and of itself, obesity is the root cause of many other serious and lethal conditions. Excess levels of cortisol, the stress hormone that floods our body during stress, causes fatty deposits around the midsection when stress becomes chronic. Stress raises the glucose levels of those with Type 2 diabetes directly. It also seems to increase unhealthy types of eating and lowered levels of physical activity. It can, however, make gastrointestinal issues worse. One study found that chronic stress can accelerate the pace of aging. Stress shortens telomeres, in effect offering less protection. Stress causes the brain to form lesions more readily. Other illnesses caused by the most stressful life events Other common stress-related illnesses include high blood pressure, heart disease, severe asthma, and increasing mental illness, including schizophrenia. It is important to recognize that there are healthy levels of stress and that stress can be caused by happy events, such as marriage and the birth of a child. The issue is not with stress itself, but with stressful life events that turn into chronic stress. Episodic or acute stress is protective; chronic stress is degenerative. Chronic stress makes it hard to unwind: People experiencing chronic stress may feel jumpy and unable to settle down. They may feel like they always need to be doing something, or they may feel always behind in their daily tasks. Chronic stress changes mood: Previously patient parents may find themselves snapping at their kids. Or they

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may find themselves overreacting to a situation. People with chronic stress may find themselves at the mercy of wild mood swings, elated one minute and furious the next. Chronic stress lasts well past the stressful life event: While a stressful life event may be challenging to process and let go of, stress becomes chronic when months or years later it seems as if the stressful event happened yesterday. It is common to have the features of chronic stress right as the stressful event is happening. These features should not last well past the event, though. Chronic stress brings various physical changes: Physical changes wrought by chronic stress are unique to each individual. They can include weight gain or loss, fatigue, dizziness, nausea, excitability or hyperactivity, heart palpitations, and nervousness. These symptoms can vary widely and are typically constant, not acute or episodic. It is crucial to understand that chronic stress is a condition that you can reverse. It is also important to take the time to recognize when the most stressful life events become a threat to our well-being. In that way we can take steps to reduce our stressors in life. If you suffer from chronic pain, in particular, we encourage you to talk to one of our pain doctors. First, take a moment to evaluate your level of stress on this stress scale. Sometimes the stressful life event is such that we find ourselves in an unbreakable cycle. Battling a chronic condition takes a tremendous toll on both the pain patient and their family. Acknowledge the stress You know the saying that the first step to solving a problem is to recognize that you have one? Start dealing with stress by acknowledging that you are currently experiencing it. This may seem oversimplified, but it is an important first step. Especially for pain patients who are used to coping with the stress of pain every day, it can be difficult to admit when stress has become overwhelming. Because stress levels can predict future illness, it is important to admit where you are on the scale so that you can move forward. Mindfulness meditation is gaining widespread popularity as a complementary pain treatment, and with good reason. Meditation reduces the perceived severity of stress and pain. It also helps with pain-related depression and anxiety, and may reverse aging. Sometimes doing nothing, especially at the beginning, is the best way to understand and handle the top stressors. This can be as simple as a relaxing bath with Epsom salts and relaxing bath oils think lavender or as complex as going for a massage or other spa service. Self-care can even be indulging in a favorite hobby like gardening or painting. Regularly taking time out to do something you love can go a long way towards overall stress reduction. Get support Chronic pain can be a lonely, isolating condition. Support groups and online forums can make dealing with chronic pain easier, especially if stressful life events occur in addition to your daily pain. Other support groups for various life stressors e. They can also provide some resources or local connections in the community. It may feel natural to withdraw when you are under stress, but reaching out can actually help you cope with it better. Clear the clutter The ancient Chinese art of feng shui deals with improving the energy flow of your space so that you feel calm and more harmonious. Taking a few moments at the end of each day to put things away can help you wake up with a clear space and a calm mind. Adding different elements like flowing water, green plants, and specific types of metals in specific places in your home can also help manage stress. Exercise We have said it so often that it may begin to sound routine, but it is absolutely true. One of the best ways to manage the most stressful life events is with exercise. Just ten minutes of daily physical activity can be enough to reset your mental and emotional state. For those living with chronic pain, regular exercise is a crucial part of treatment. It keeps joints and muscles active and increases range of motion. When possible, though, this complementary therapy is a great way to manage stress and treat pain at the same time. Not all massage is the same. Choose a massage style that suits you, your personality, and your pain condition. Touch can be very therapeutic, and massage has been proven to lower stress levels. Eat well The most stressful life events can sometimes send us running to the kitchen for a snack. The quality of these snacks may add to the stress and the pain that is already there. There are plenty of delicious, easy foods that are anti-inflammatory and help lower stress. You have to eat; you might as well take good care of yourself when you do. Have a cup of tea The simple act of stopping to sit and drink tea may be as effective a stress reliever as anything else on this list.

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Chapter 2 : Panel Sets First-Ever Guidelines for Perimenopausal Depression

Facing Down Midlife Anxiety, post-traumatic stress disorder and major depressive disorder as well. The reason is most likely differences in brain chemistry, especially after menopause.

Mid-Life Crisis, Depression or Both? If you feel depressed, seek help. In women, it may mean some experimentation with Botox. In reality, a mid-life crisis can mark a period of significant depression for both. You used to think that aging gracefully was the plan but now you think that a bit of filler might not be entirely off base. You may be retired or at least thinking about it, caring for aging parents or mourning the loss of them or addressing health issues. You may also be experiencing the stress associated with children heading for college, struggling to find their way in the world and paying their own bills! All of which is, to say the least, overwhelming. Is it any surprise that you may find yourself singing the blues? Men Experience Depression Differently While both men and women get depressed, men are far less likely to seek help. Their experience with depression is also different than it is in women. According to the National Institute on Mental Health NIH , men are more likely to experience irritability, anger, reckless behavior and physical pain than overt sadness when depressed. No surprise that men are also less likely to acknowledge that they are struggling and need help. Often they are not even aware that what they are experiencing is depression. Although women are diagnosed with depression more often most likely because they are more willing to seek help and more likely to make attempts to end their lives, men die from suicide four times as often as women. Several books that address depression from the male perspective include: While men get angry, women with depression are more likely to report feelings of sadness and anxiety. Menopausal symptoms which result in problems sleeping, hot flashes, night sweats and fatigue can also affect well-being. Signs of depression in both males and females include a change in eating patterns eating more or less , sleeping too much or too little and a change in energy level. According to the NIH, depression is caused by a family history of depression, the effects of hormones that control mood and emotions on brain chemistry, and stress. Typically all three are involved. In both men and women there is typically more than reason they are not feeling up to par. A Stanford University study showed that a combination of talk therapy and medication works best for more than a mild case of depression as opposed to either approach alone. Medications, such as antidepressants, can also make a huge impact but can take several weeks to work. While there may be some initial side effects such as headache or nausea most lessen over time. For some, however, antidepressants may cause suicidal thoughts or attempts. Others may become agitated when they first start taking an anti-depressant which may be a sign of undiagnosed bipolar disorder. Typically, the psychiatrist will be the one to prescribe and manage your medication and the therapist will be the one you talk with to process your thoughts and feelings. Research shows that the sooner you seek treatment, the quicker you can get relief and the less time needed for treatment. Not sure if you have enough coverage? The Mental Health Parity and Addiction Equity Act of requires group health plans and health insurance issuers to offer the same level of care offered for all medical surgical benefits including no annual limits. Keep in mind you may have to try a few therapists before you find the one that works for you. Bringing out the Best in You Getting enough sleep and regulating your sleep schedule so that you go to bed and get up at the same time each day will go a long way toward feeling good as will getting at least 30 minutes of exercise most days of the week. Eating a good diet can also help. Men can particularly benefit from doing some form of group exercise such as a circuit-training program where they have the opportunity to also socialize; something women find easier to do. Reach out to others; isolation can make your depression worse! Bad Mood Busters What to do if you find yourself in a funk? The Key to Understanding Ourselves and Others. Take a look at local programs at libraries, community centers and in the events section of your newspaper. Try something new such as art classes, white water rafting, or a cooking class. Studies show that feeling a sense of purposefulness is an important component of mental health see volunteermatch. Burke says that although there are quick fixes for changing mood, sustained change will take more work because it

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involves not only relieving bad moods but making a positive mood more of a habit. For example, try writing down three good things that happen during the day and why or finding the good in a given person or situation instead of focusing on shortcomings. If you or someone you know are at risk for suicide, call for emergency services, go to the nearest hospital emergency room or call the National Suicide Prevention Lifeline at TALK for help. Veterans can also call send a text to , or access a confidential online Live Veterans Chat at veteranscrisisline. Kathleen Heins specializes in health and well-being.

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Chapter 3 : THE BLACK MID-POINT: Midlife Crisis And Menopause

"Depression that develops after the age of 50 is sometimes called 'Late Life Depression', and is more likely to be caused by major stressors, like the loss of a loved one or a serious medical problem," he adds.

At age 17, an ambulance rushed me to the hospital for what turned out to be an anxiety attack. Recently, my anxieties have resurfaced, and worsened. Two years ago, when I was 52, I had another attack and another ambulance ride. My anxiety appears to run in cycles. Our anxieties not only affect us in the moment. They appear to have long-term implications for our health as well. Specifically, the study found that phobic anxiety in that population was linked with shorter telomeres, the DNA sequences at the ends of our chromosomes that protect them from deteriorating. Telomeres are considered to be key markers of biological aging, and shortened telomeres have been associated with a higher risk of cancer, heart disease, dementia and premature mortality. Anxiety is classified as a psychological disorder, explains Don Lynch, professor of psychology at Unity College in Maine, when it results in a degree of functional impairment, like preventing someone from driving on the freeway or going to the supermarket. We can experience a variety of such disorders, each categorized by specific symptoms, ranging from generalized anxiety disorder to post-traumatic stress disorder, obsessive-compulsive disorder, social phobia and others. Generalized anxiety disorder, characterized by persistent, excessive worry about everyday things, affects 6. Most of them are older than 50 when they receive a diagnosis. Often, the demands of balancing a full-time job, raising children and other commitments help mask a condition that has lain beneath the surface for years. Prakash Masand, chief executive of the online health resource Global Medical Education and a former professor of psychiatry at Duke University Medical Center. Some people are more likely than others to develop an anxiety disorder. Common risk factors include: Being female Women are twice as likely as men to have generalized anxiety disorder, panic disorder or specific phobias, and have a greater tendency to experience post-traumatic stress disorder and major depressive disorder as well. The reason is most likely differences in brain chemistry, especially after menopause. Health issues High blood pressure, arthritis, heart disease and the hearing and vision problems typically associated with midlife can all spur depression and lead to the development of anxiety conditions as we age, especially, Lurch says, when they turn our thoughts to our mortality. Changing life situations Stressful shifts in midlife and beyond " job loss, retirement, changing family roles or the death of a parent or spouse " may all bring on anxiety. Men who have defined themselves by their careers, for example, may become anxious and depressed once they retire. Chances are you loved the work routine, so these new challenges can feel scary. When you find yourself worrying needlessly, take action to counterbalance unproductive thoughts. Reassure it, and your negative self-talk can decrease by 75 percent. Try this with five negative thoughts a day. Or try talking to a therapist, who can serve as a compass to guide you through your issues. A physician may or may not suggest medication, but the key is starting with an accurate diagnosis. Also On Next Avenue:

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Chapter 4 : 10 Most Stressful Life Events: the Holmes and Rahe Stress Scale

While younger adults experience these day-to-day stressors more frequently, Almeida has found, midlife adults experience more "overload" stressors--basically juggling too many activities at one time. There are gender differences, however.

Menopause psychological symptoms can seem to come out of nowhere. More obvious for Black women than men, midlife crisis symptoms can turn your life upside down. Impulsive behavior and decisions. Often people suffering through midlife crisis take actions that seem to come out of nowhere. Feeling trapped or burdened. Feeling like time is running out. Insecurity and obsession with appearance. Many individuals during midlife crisis begin talking about diet, exercise, hair color changes or plastic surgery. Increased reliance on addictive substances. Midlife crisis symptoms can include increased alcohol, prescription drugs, or food consumption to try to fill the void they feel with something that makes them feel good in the moment. Getting lost in the past. Excessive reminiscing about youthful triumphs and pleasures is a common midlife crisis symptom. Characterized by sleeping more and a general lack of energy, midlife crisis can include mild to severe depression. Midlife crisis symptoms can suck the zest from life. Obsessive thoughts of death. Mid-lifers can get hung up on their own mortality; fearing death, resulting in anxiety attacks. Often mid-lifers blame others and have anger towards them for the challenges - crisis they face during midlife; they blame their parents, ex-spouses, etc. The choices that Black women and men make during midlife have the power to secure health and well-being for the rest of their lives. Menopause is a life-cycle time for being positively proactive, not a cycle to be negatively reactive or inactive. Posted by Kenny Anderson at.

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Chapter 5 : Depression and Menopause. Six Ways Midlife Woman Cope with Depression | Perfectly Hidden

The decade or two before a woman's golden years may be among the toughest. Many women in the time of life thought of as middle age -- traditionally the years between 45 and 64 -- juggle not only.

Overview Stress, defined as emotional tension or mental strain, is all too common of a feeling for many of us. Too much stress can produce both physical and emotional symptoms. The Anxiety and Depression Association of America ADAA defines depression as an illness in which an individual experiences a persistent and severe low mood. Research suggests a link between high levels of stress and the onset of depression. One study of over women investigated the link between different types of stress and major depression. During the study, the researchers found that both chronic and acute stress events contributed to a greater incidence of depression in women. Another observational study examined stress levels of the working age population. Depression was more common in people who reported higher levels of stress. Treatment Reach out to a mental health professional. Both psychotherapy and medication can be effective treatments. Support groups, mindful techniques, and exercise may also help. Anxiety differs from depression. However, like depression, studies have suggested that stress may be linked to anxiety and anxiety disorders. In one study, researchers investigated the effects of stress levels at home and work on anxiety and depression levels. They found that people who experienced high levels of work stress were more likely to have more symptoms of anxiety and depression. Treatment Treatment options include psychotherapy and medication. Alternative and complementary treatments are available for those who prefer a natural approach. Irritability Irritability and anger can become common traits in people who are stressed. In one study, higher levels of anger were associated with both mental stress and the possibility of a stress-related heart attack. Another study investigated the relationship between anger, depression, and stress levels in caretakers. The researchers found an association between care-related chronic stress and anger levels. Treatment A variety of strategies can help keep anger levels under control. Relaxation techniques, problem solving, and communication are all great methods for helping to curb anger. Low sex drive In some people, too much stress can have a negative impact on sex drive and the desire to be intimate. A study published in found that chronic stress levels had a negative impact on sexual arousal. The research suggested that both high levels of cortisol and a higher chance of being distracted led to lower levels of arousal. Much of the research surrounding stress and low libido involves women, but it can certainly affect men too. One animal study showed that social stress during adolescence affected the sexual appetite of male hamsters during adulthood. Treatment Reducing stress can help to restore your sex drive and improve libido. Self-care, relaxation techniques, and exercise are a few ways to raise self-confidence. Improving communication with a sexual partner may improve intimacy and restore positive feelings towards sex. Memory and concentration problems If you find yourself having trouble with concentration and memory, stress may be a part of the problem. An animal study found that adolescent rats exposed to acute stress experienced more memory performance issues than their non-stressed counterparts. Another review investigated the stress-response pathways in the brain and their effect on long-term memory. Researchers found that certain hormones following a stressful or traumatic event can have the ability to impair memory. Treatment Maintaining a healthy diet and keeping your body and mind active can keep you focused. Avoiding activities like drinking and smoking can help keep your brain healthy. Compulsive behavior There has long been a link between stress and addictive behaviors. One paper expanded on the idea that stress-related changes in the brain may play a role in the development of addiction. According to the researchers, chronic stress can change the physical nature of the brain to promote habit- and addiction-forming behaviors. Another study even found that in certain people, genetic variations can play a further role in the stress response and vulnerability towards addiction. Treatment Healthy lifestyle habits can help to reduce problematic and compulsive behavior. For more serious compulsive behaviors, professional help may be necessary. The National Institute on Drug Abuse has resources for starting on the road to recovery. These

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include lifestyle recommendations to help manage stress. One study from examined the role of various types of stress tests on physiology, mood, and cognition. The research showed that both social and physical stressors can have a big impact on emotional well-being and mood. Treatment There are many ways to improve your mood, such as: Ways to manage and reduce your stress Reducing the emotional symptoms of stress starts with reducing the sources of stress in your life. The American Institute of Stress explains that while there are a variety of stress-reducing techniques, finding ones that work for you is important. Physical activities such as running, jogging, and aerobics are a great way to physically relieve stress and tension. Relaxing physical activities such as yoga or tai chi can help to work your body while relaxing your mind. Try these yoga poses to relieve stress. Mindfulness techniques such as meditation can strengthen your emotional responses to stress. Reducing stress in different areas of your life, when possible, can help to lessen your exposure to chronic stressors. Mobile apps may calm your mind and offer guided conversations to help you manage stress and anxiety. Finding the stress-reducing techniques that work for you are an important step in decreasing emotional symptoms of stress. Over time, you may find that your resolve against stress becomes stronger and that your symptoms improve. Keep in mind that stress can also have negative effects on your physical health.

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Chapter 6 : Perimenopausal Depression Risk Is High; Special Guidelines Will Help Women | Everyday Health

Taking the approach that it's not age, but other stressors that can contribute to midlife malaise, the Australian researchers used job strain at age 45 to predict psychological symptoms at age

Happiness tends to rebound as we get older, and there are ways to cope in the meantime. So, life satisfaction should be mine for the plucking. Why am I in a slump when everything seems to be going, well, right? In his book, Rauch argues that a dip in happiness in midlife is a normal part of human development, and may even be a necessary precursor to later life satisfaction. He also suggests that if we can find ways to hang in there during this turbulent transition, our happiness will not just rebound, but will likely exceed our expectations. If you look at big patterns in global happiness data, and in longitudinal experiments where individuals are compared to themselves, a strong pattern emerges: As Carol Graham and other happiness researchers have found, a stable marriage, good health, enough money, and other factors are all good for happiness. Though the reasons for this dip in happiness are unclear, Rauch does a valiant job of looking through research to explain it. In one longitudinal study, for example, researchers found that, if you asked younger Germans how they thought their life would be five years down the road, and then compared it to how they actually felt five years later, their predictions were much higher than reality. In other words, they tended to be overly optimistic, and this mismatch seemed to mirror their declining happiness levels. This makes sense—when expectations are not met, we are bound to feel disappointment. This suggests that if we can hold on, things may just get better on their own as we become pleasantly surprised by our happiness levels, instead. In fact, there are many potential positives that come with aging, which Rauch recounts in the book. Here are some of the benefits of coming out of our midlife slump. Stress tends to decline. It seems intuitive—after all, we probably have fewer work or family stressors as we get older and our careers stabilize or our children leave home. But, in fact, researchers have found that even holding other things constant, stress still tends to go down as we age, and this downward curve in stress seems to be tied to our increased happiness. Not only do older adults tend to experience less intense emotions than younger adults, they also seem to handle emotions better in general. After listening to taped recordings of people making disparaging remarks about them, older adults responded with less negative feedback toward the critics and more detachment around the situation, suggesting greater emotional regulation. Older people feel less regret. Stephanie Brassen and her colleagues found that when people made the wrong choice and lost all of their winnings in a game, older participants experienced less regret than younger adults—a finding also reflected in their distinct brain activity patterns. Older people are less depression-prone. According to research, depression becomes less common as we get older. This may be because older adults seem to have a greater optimism bias—the feeling that things will work out—and more positivity—a focus on the positive rather than the negative in life—than younger people. Luckily, Rauch has some ideas for getting through this time with more perspective. Interrupt your internal critic. This is a recipe for additional suffering. To counter that, Rauch suggests interrupting our internal critic using cognitive-behavioral therapy approaches to reframe a situation or stop incessant rumination. Share your pain with others. Many people find it hard to reach out to others when they are feeling midlife discontent. But sharing feelings with a good friend, who can listen with compassion and also support you through the experience, can help make you feel less alone. Instead, consider making smaller changes that are aligned with your accumulated skills, experience, and connections. Rauch points to the work of Jonathan Haidt, who has found that making progress toward our goals—rather than achieving our goals—and living a life of purpose are what lead to lasting happiness. So, instead of going for a full-tilt reorganization of your life, think about making incremental changes that will bring smaller boosts of positivity. Maybe you can consider a lateral move at work, re-energizing your marriage by trying new things together, or taking on a new hobby. Which brings us to his last suggestion—Wait. Rauch calls on all of us to stop disparaging people going through midlife difficulties and to show more compassion. Additionally, his book suggests that stereotyping aging as a

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time of decline is wrong-headed. He points toward organizationsâ€™like Encore. On a personal note, I found his book to be quite uplifting and instructive. It definitely helped me to be more forgiving of myself for feeling midlife malaiseâ€™and look forward more to getting through it. Written by Jill Suttie for Greater Good related stories.

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Chapter 7 : Help for Anxiety in Major Life Transitions, 5: Security

Epidemiological studies reveal that midlife is no more or less likely to be associated with career disillusionment, divorce, anxiety, alcoholism, depression or suicide than any other life stage.

The year the world turned , I was 46 and midlife was upon me. And I was experiencing depression. A few people were stockpiling water and supplies, zealous about the potential devastation in the world. Others were impatiently awaiting spectacular fireworks on New Years Eve, toasting one another gaily with Dom Perignon. Or perhaps a less pricey variety of the same beverage. Perimenopause was governing my world. I managed at work. Lexapro was a godsend for all that. I was happy in my marriage, delighted to be parenting our child. I had a career I loved. Was this perimenopause, depression or both? The obvious things, like hot flashes, were signs my body was going through change. No doubt about it. But there were other things in my life that I recognized as triggers. A long-time kindred spirit suddenly abandoned our friendship. And what in the heck was happening to my body? Midlife women lead the statistics on depression, with one in eight experiencing symptoms. What happens when the supposed transition deteriorates into depression, or the two become entangled in a destructive way? Whether or not there is a hormonal issue is important, because of treatment options. Women talk but not necessarily about depression. Women talk to each other. Sharing with a girlfriend that you crawl back in bed and sleep until mid-afternoon? And many will not admit it. Yet depression is no different than other diseases, with tangible changes in brain function. You may not even look much different than you always do to others, unless your symptoms are severe. Depression is not a weakness of character. When you experience it, it requires strength to cope with it. What do midlife women do to cope with depression? I asked a few women to talk with me about their midlife depression. What was helping them begin to feel vital again? It can hurt more when you first start, so prepare yourself. But hang in there, and it can help you travel through your experiences, instead of getting stuck. Exercise. Everyone said that moving was vital. Park your car in the farthest parking space. Get a yoga video. Sometimes the side effects are terrible. Yet they also can be transformative. Relationships. Connection with others, engaging with the people in your world is so important. The difference was in the relationship. And then I got used to it. Sometimes you have to work to discover it. Meditation can be very helpful in clearing your mind. And it only takes a few minutes a day. It can lead you to that purpose that will fulfill you, and keep you engaged with joy. You can hear more about depression and many other topics by listening to Dr. Retrieved on November 13, , from <https://>

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Chapter 8 : Facing Down Midlife Anxiety | HuffPost

In many cases, major depression and bipolar disorder go can untreated and undiagnosed for years. The individual suffers greatly during this time when help could be right around the corner. Today, with online counseling, it's easier than ever before to get help with no great financial obligation.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. Women are more likely to experience depression in the years leading up to menopause, thanks in part to hormonal flux. For example, there is much more understanding, outreach, and treatment for depression during pregnancy and postpartum today compared with 20 years ago. Maki, PhD, of the department of psychiatry and the department of psychology at the University of Illinois in Chicago. Maki reports that data uniformly show that there is an increased risk in the years around the final menstrual period, as compared with the many years following the final menstrual period, because of this fluctuation. Estrogen levels may be low during menopause but at least they are somewhat stable. For women who have a history of depression, that figure is 59 percent. Many people misunderstand how the hormones change around the perimenopause. People believe that it is a gradual tapering off of estradiol, but women experience tremendous and dramatic fluctuation of estrogen. Lack of sleep can lead to mood disturbances. Women at midlife are experiencing big life changes: This combination of hormonal and life changes creates a complex causality that needs to be addressed in its totality. Resources for Managing Depression Get Your Physician to Pay Attention to You If you are suffering from depression and are perimenopausal, make sure your healthcare professional can connect the dots so he or she can correctly prescribe therapy for you. The North American Menopause Society offers a downloadable handout that you can bring to your practitioner that explains the connection between the two. According to the new guidelines, diagnosis of depressive disorders during midlife includes: Therapeutic options for depression include: Cognitive behavioral therapy , a form of talk therapy that teaches you how to retrain your brain Treatment for vasomotor symptoms hot flashes and night sweats , particularly if sleep is affected Related: NAMS has studied those as well, says Maki: But really the only thing that has been shown to help significantly in the alternative area is exercise.

Chapter 9 : Mid-Life Crisis, Depression or Both? | Fifty is the New Fifty

Furthermore, as noted earlier, it is possible that the high rates of depression observed among people who separated/divorced with a history of depression follow from the stressors and major difficulties associated with divorce, not the life event itself (cf. Monroe et al.,). Nevertheless, it is important to recognize that the present study.