



Depression and Lupus: Changing the Inner Dialogue

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View Point Health

What is Depression?

- Sadness
- Mood swings
- Loss of interest/pleasure in activities
- Hopelessness
- Discontent
- Anxiety
- Fatigue
- Change in appetite
- Poor sleep
- Crying spells
- Irritability
- Suicidal thoughts

Lupus and Depression

- At least 1/3 of people diagnosed with lupus experience depression
- Twice as high as the rate in the general population
- Why are the rates so high?
 - Physical impact on body
 - Medications used to treat lupus
 - Emotional and Psychological stressors associated with living with a chronic illness
 - Helpless/Hopelessness

Depression and other chronic illness

- Cancer
- Coronary artery disease
- Diabetes
- Epilepsy
- Multiple Sclerosis
- Stroke
- Alzheimer's disease
- HIV/AIDS
- Parkinson's
- Rheumatoid arthritis

When do I seek help?

- Depression is constant
- Suicidal ideation
- Impacting quality of life
- Impacting relationships

Treatment for Depression

- Individual psychotherapy
- Psychiatric evaluation and medication
- Group psychotherapy
- Mindfulness Based Stress Reduction
- Social support/peer groups

The Spoon Theory

- People without a chronic illness have unlimited spoons
- Those of us with medical issues have a set amount of spoons to utilize throughout the day
- For able bodied people simple tasks don't use spoons such as showering or eating lunch
- Find ways to budget spoons throughout the day
 - Mindfulness
 - Self care
 - Asking for help
 - Allowing time to grieve

Coping Tools

- Symptoms from Lupus such as fatigue and chronic pain are exhausting and impact depression
- Coping skills are tools we can use to manage the depression and help change our mental perspective which impact the whole body
 - Mindfulness
 - Grounding/self soothing
 - Self Talk/Affirmations
 - Gratitude

Coping Tools: Mindfulness

- Mindfulness: Paying to attention to the current moment, on purpose, without judgment
- After 8 weeks, compared to those on medications only, clients who practice mindfulness a minimum of 5 minutes a day felt less depressed and had fewer depression relapses
- Less anxiety, able to not worry about things outside of control
- Any activity can be mindful: eating, walking, showering
- Find ways to engage that are fun: adult coloring
- Decrease in hopelessness
- Breath meditation exercise

Coping Tools: Grounding

- Grounding: a set of simple strategies that can be used to manage intense emotional pain or intrusive thoughts
- 3 Types: mental, physical and soothing grounding
- Mental:
 - Categories game, describe room non-judgmentally, PB&J technique, humor, counting
- Physical:
 - Stretch, dig heels in to the ground, grounding object (rock, shell, ring), eat something describing the flavors
- Soothing:
 - Safe place, picture people you care about, sing upbeat song

Coping Tools: Self Soothe

- Use 5 senses when overwhelmed with depression, anxiety or negative thoughts
- Sight: name objects, describe room
- Hearing: what do you hear?
- Taste: eat something with strong flavor
- Touch: something soft, grounding object
- Smell: soothing/calming smell s/a lavender
- 3, 2, 1 – 3 things you see, hear, touch, 2 things you see, hear, touch, 1 thing you see, hear and touch

Coping tools: Self Talk/Affirmations

- We are what we tell ourselves!
- Whether you think you can or can't...You're right!
- Change self talk statements by first learning what you say to yourself
- Challenge negative self talk with affirmations
- Must have some belief in affirmation – make neutral if needed and REPEAT REPEAT REPEAT

Coping Tools: Gratitude

- Name one thing daily you're grateful for
- Can be as simple as "I'm grateful for socks..."
- Over time it helps to change your thoughts/brain to be more positive
- The goal isn't to be happy and positive about everything but to be able to see the positive/"upside" in things
- If currently in a Lupus flare or chronic pain – can ID gratitude for something s/a medications, sleep, a comfy bed, supportive family, etc.

How to seek professional help

- Call the number on back of insurance card
- Locate clinic within area if you don't have insurance
- View Point Health has offices in Lawrenceville and Norcross – sliding scale and accepts most insurance

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Questions and group discussion