



STOP
MENTAL ILLNESS
FOUNDATION
SMIF

Stop Mental Illness Foundation

N E W S L E T T E R

February Edition

Mood Disorder

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Oluseyi's Corner

Did you know that starting a regular habit of connecting with nature for mental health can help you gain a sense of happiness, calmness and relaxation?



Stop Mental Illness Foundation



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WHAT IS MOOD DISORDER?

Mood Disorders are mental health conditions that predominantly influence the emotional state. It is also known as an affective disorder with the experience of long periods of intense happiness or sadness (mania) and may affect the general emotional state in many cases.

Mood Disorder can lead to changes in behaviour and interferes with an individual's ability to function physically and socially and also impact daily routine activities.



In everyday life, we experience sadness, joy and other circumstances that cause more continuous and disabling depression. These feelings differ from the depression and mania that characterize mood disorders. It is normal to feel depressed when we encounter emotionally distressing events such as serious illness, the death of a loved one, divorce, defeat, disappointment and catastrophe. Those are natural responses and do not describe a disorder.

They are temporary feelings that will only last for a certain period and do not substantially interfere with our ability to perform adequately.

ACCOUNT DETAILS:
ACC. NO: 2042556558
ACC NAME: STOP MENTAL ILLNESS FOUNDATION
BANK: FIRST BANK PLC

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WHAT ARE THE TWO MOOD DISORDERS?

Depression and bipolar disorder are the two common mood disorders, but the combination of anxiety disorders and depressive disorders can also affect mood swings. Depressive mood disorders increase the risk of additional concerns, such as severe anxiety, loss of appetite, and inability to keep long-time relationships and engage in daily activities. Bipolar mood disorder is associated with a higher frequency of attempted suicide than most other psychiatric disorders.

Depression and its subtypes

Depression is one of the most common mental health conditions. Major or clinical depression is a mood disorder with feelings of helplessness or sadness that cause difficulty with thinking, memory, eating and sleeping. The condition can also last for weeks or months and cause an individual to lose pleasure in things they enjoy before the onset of the disorder.



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HOW CAN I PREVENT PERSISTENT DEPRESSIVE DISORDER?

You may not be able to prevent depression, but a change of lifestyle and precise practices can make it less severe:

- Eat a well-balanced diet of nutritious foods.
- Exercise at least three times a week.
- Restrict alcohol and avoid recreational drugs.
- Take prescribed medications correctly and discuss any possible side effects with your doctor.
- Watch for any changes in your mood and talk to your healthcare provider about them.



HOW IS MOOD DISORDER TREATED?

Treatment for mood disorders usually involves a combination of lifestyle changes, talking therapies and medicines.

Counselling or Cognitive behavioural therapy (CBT) can help and is often used to manage Mood Disorder and Bipolar mood swings. A therapist or psychologist will help you examine your thoughts and emotions and how they affect your actions. CBT can help you unlearn negative thoughts and develop more positive thinking.

Antidepressants are prescription drugs that can relieve depression. There are numerous various kinds of medications for the treatment of mood disorders. The most typically used are two medication are:

- Selective serotonin reuptake inhibitors (SSRIs).
- Serotonin-norepinephrine reuptake inhibitors (SNRIs).

You may be required to take the medication for more than a month or longer before you feel a difference. It is advisable to keep taking it even if you notice any side effects and ensure you talk to your doctor when you feel much better.

HOW IS MOOD DISORDER DIAGNOSED?

There are no tests for a mood disorder. However, honest discussions with mental health professionals such as psychologists or psychiatrists will help analyze your symptoms to diagnose you. You may also undergo blood or urine tests to rule out other causes.

The criteria in the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders are usually used to make diagnoses of mood disorders. Specifically, a mood disorder is diagnosed when sadness, elation, anger or other emotions such as:

- Overly intense and persistent.
- Accompanied by other mood disorder symptoms, such as sleep changes or activity level changes.
- Significantly impairs an individual capacity to function.



IF YOU HAVE A MOOD DISORDER

Mood disorder is unlikely to go away naturally and may get severe over time. Suicidal thoughts and behaviour are also prevalent with some Mood disorders. Get help immediately if you:

- Think you may harm yourself or be at risk of suicide
- Feel like your emotions are interfering with your work, relationships, social activities or other parts of your life



- Have trouble with drinking or drugs
- Have suicidal thoughts or behaviours
- If you seek professional help as soon as you notice the symptoms, it may be easier to treat early on.

Mental health professionals will help you to develop essential coping strategies for mood disorder. Contact a minister, spiritual leader or someone else in your faith community.

Reach out to a close friend or loved one or contact a suicide hotline. In Nigeria, use the Lifeline Chat on the SMIF website. Services are free and confidential.



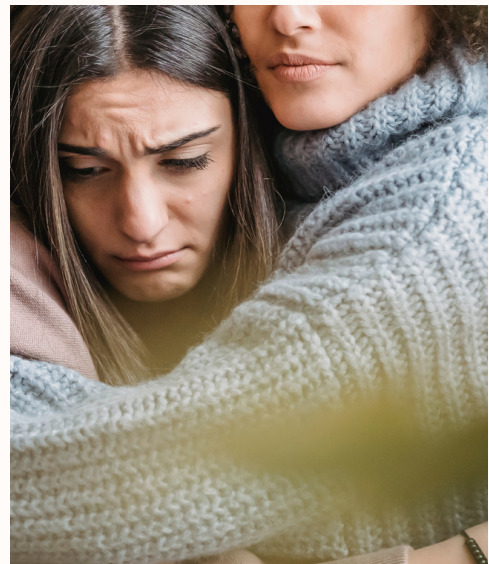
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HOW CAN I SUPPORT A LOVED ONE WHO SHOWS SIGNS OF MOOD DISORDER?

People with psychosis are often oblivious to their thoughts and unnatural attitude. Friends, relatives and religious members are expected to seek help for them.

If your loved one shows signs of Mood Disorder, have an open and honest discussion with the person about your concerns regarding their health. It may be difficult to convince someone to get professional care, but you can encourage and support them. You can also suggest a qualified mental health professional, make an appointment and accompany them to the psychiatric hospital.

If your loved one has done self-harm or is contemplating doing so, take the person to the hospital or call for emergency help. Suicidal thinking does not get better on its own — so help them get help.



NATURE BENEFITS FOR MENTAL WELLNESS AND LIFE SKILL

Did you know that starting a regular habit of connecting with nature for mental health can help you gain a sense of happiness, calmness and relaxation?

Did you know that nature can enhance your attitude and skills to deal effectively with the demands and challenges of everyday life?

EVIDENCE OF NATURE BENEFITS FOR MENTAL WELLNESS

- Recent data for 10,000 people in the UK found that, individuals living in urban areas with more green space have lower mental distress and higher well-being.
- Greener urban areas were associated with sustained mental health improvements, lower frustration and higher meditation.



- Spending time in green spaces or bringing nature into our everyday life can help us improve concentration, reduce stress and anxiety, alleviate depression and improve our overall mental well-being.
- Green space promotes happiness and positive emotional mindset.
- Nature provides calming and inspiring environments that encourages learning, inquisitiveness and alertness.
- Nature is also an antidote to over-connected world and acts of creativity or social interactions that support one's self-esteem.

EVIDENCE OF NATURE BENEFITS FOR LIFE SKILLS, KNOWLEDGE AND ATTITUDE

- Nature endured threats, natural disasters and disease. Regardless of all these struggles, nature still provides humans with miracles and beats that teach us many things about resiliency.
- The sounds of nature and its beauty inspire me in multiple magical manners. Nature moves slowly but still accomplishes its goals. Nature taught me a particular lesson, if I do not stop, slow and steady can get me there and even unlock my potential.
- Not only has nature helped me design an approach to address a balance of knowledge, attitude and skills, but it also gave me the ability to deal effectively with the demands and challenges of everyday life.

So start a regular practice of bringing nature into your everyday life today. You can grow food or flowers, exercise outdoors or be around animals. These can have lots of positive effects on your mental well-being. It will also promote positive intellectual and psychological resources.

UPCOMING PROJECT

EDUCATE YOUNG PEOPLE (EYP)

EYP project is targeted at enlightening young people from primary to tertiary level about mental health. This project aims to inculcate the consciousness of mental illness into young people as a means of eradicating the stigma associated with mental illness and encouraging the idea of speaking up when faced with any psychological challenges.

Account Details

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FOR PARTNERSHIP



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