



# THE MINDBODY CONNECTION

ISSUE 7, Nov 2004

## Depression: A very Real Illness

by India Risner & Lisa Busher

### Did you Know???

- Almost twenty million Americans suffer from depression in any given one year period
- It is estimated that 15-53 billion dollars per year is lost due to depression
- Often depression is not diagnosed or is misdiagnosed by doctors
- Greater than 80% of people that suffer from depression can be successfully treated



### Depression vs. sadness

Depression is not just a state of extreme sadness. Sadness is a natural response to an emotionally painful event. Depression is an illness. A clinically depressed person does not always have a reason for feeling unhappy and the symptoms can last for weeks to years.

### Signs and symptoms of depression

#### Emotional

- Sadness
- Anxiety
- Guilt
- Anger
- Mood swings
- Lack of emotional responsiveness
- Helplessness
- Hopelessness

#### Physical

- Chronic fatigue, lack of energy
- Sleeping too much or too little
- Overeating or loss of appetite
- Constipation
- Weight loss or gain
- Irregular menstrual cycle
- Loss of sexual desire
- Unexplained aches and pains

#### Behavioral

- Crying spells
- Withdrawal from others
- Worrying
- Neglect of responsibilities
- Loss of interest in personal appearance
- Loss of motivation

### Thoughts/Perceptions

- Frequent self-criticism
- Pessimism
- Impaired memory and concentration
- Indecisiveness and confusion
- Tendency to believe others think badly of you
- Thoughts of death and suicide

### Who can I talk to???

Call University Counseling Services at 216-368-6689  
 Or e-mail us at [wecounsel@case.edu](mailto:wecounsel@case.edu)  
 Check out our website at:  
[www.case.edu/stuaff/ucs](http://www.case.edu/stuaff/ucs)

- National Foundation for Depressive Illness Inc.: 1-800-248-4244
- [www.depressionalliance.org](http://www.depressionalliance.org)
- [www.depression.org](http://www.depression.org)

### What can I do???

- Don't drink. Alcohol and drugs increase depression
- Exercise. Increases the body's natural mood enhancers
- Set small goals. Do not overload yourself, don't expect too much and certain times of the day you have greater energy. Use this to your advantage
- If you feel like giving up, get help.



See the back page of this issue for information about confidential mental health screenings.

## Colds And Flu

by Beth Sersig, M.D.

Both colds and flu are caused by viruses, that typically are seasonal. They are spread by hand-to-hand contact and by droplets released in the air from sneezes and coughs. True flu is caused by an influenza virus, either A or B. Flu symptoms are typically worse than common cold symptoms, and the flu is known for hitting suddenly and hard, often with high fever and cough.

While there is no cure for a cold or the flu, you can do some things to try to prevent acquiring them. In general, it is advisable to maintain reasonable sleep habits, aiming for about 8 hours of sleep per night. Also, good

hand washing when out and in contact with others can decrease infection transmission. While vaccination with a flu shot can minimize illness, this year there are limited supplies of flu shots available. The elderly, the very young, health care workers, and people with chronic illnesses are still advised to have a flu shot. This is usually done during October and November.

If you become ill with cold or flu symptoms, it can be helpful to:

- increase your rest
- avoid smoking or secondhand smoke
- drink plenty of fluids, especially clear fluids
- don't drink alcohol
- gargle with salt water a few times a day if your throat is sore
- saline (salt) water nose drops may help loosen mucus in the nose
- consult your health care provider if you become ill



## In This Issue

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India Risner & Lisa Busher  
Frances Payne Bolton School of Nursing

### Colds and Flu

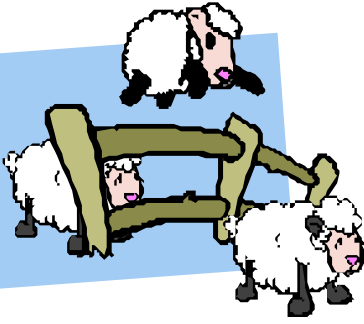
Beth Sersig, M.D.  
University Health Service

### Tired of Counting Sheep? Ways to Combat Insomnia

Emily Read, RN & Monica Hoffman, RN  
Frances Payne Bolton School of Nursing

# Tired of Counting Sheep? Ways to Combat Insomnia

by Emily Read, RN  
& Monica Hoffman, RN



Insomnia is a common condition that affects millions of people each night. Insomnia leaves us feeling fatigued, frazzled and simply not ready to face the busy day. Luckily, there are remedies and lifestyle changes that can help us combat insomnia.

## What is Insomnia?

Insomnia is defined as the inability to fall or stay asleep. Insomnia may be short-term, lasting only a few days or long-term, lasting weeks or even months. Short-term insomnia may be caused by things such as traveling across time zones or periods of extreme stress. Long-term insomnia, on the other-hand, may be associated with alcohol or drug abuse, chronic pain disorders, or chronic depression. If you are suffering from any of these serious conditions, please see your doctor or nurse practitioner.

## So what can I do?

- Avoid caffeine and nicotine late in the day as they are stimulants and can keep you from falling asleep.
- Get regular exercise. That's right... keeping the body fit also helps with sleep!
- Try not to take naps during the day because naps during the day may make you less sleepy at night.
- Make sure your sleeping place is comfortable. Keep it dark, quiet, and not too warm or too cold.
- Wind down before bedtime. Do something relaxing like reading a book or listening to music...nothing too stimulating.
- If you can't fall asleep, get up and read or do something that is not overly stimulating until you feel sleepy.
- Make a to-do list. If you have trouble lying awake worrying about things, try making a to-do list before you go to bed.

For more information, visit The National Sleep Foundation at [www.sleepfoundation.org](http://www.sleepfoundation.org).

Sleep Well!!!



## Screening for Mental Health

UCS/CBH in partnership with Screening for Mental Health - College Response Program, is offering confidential on-line screening for depression, bipolar disorder (manic-depression), anxiety, post-traumatic stress disorder, alcohol abuse and eating disorders. The screenings are anonymous and confidential, and may be done in the privacy of your room. At the end of each screening, helpful suggestions regarding your next step are offered.

If you would like to take any of the screenings, please log onto University Counseling Services website at [www.case.edu/stuaff/ucs](http://www.case.edu/stuaff/ucs) or the Center for Collegiate Behavioral Health website at [www.case.edu/stuaff/mind-body](http://www.case.edu/stuaff/mind-body).

## Groups for Fall

UCS/CBH currently have several Educational and Support Groups running for fall.

These include:

- MANAGING STRESS THROUGH MEDITATION
- STUDENTS OF COLOR SUPPORT GROUP
- MAKING PEACE WITH FOOD
- HEALTHY SLEEP
- WOMENS' SURVIVOR GROUP
- SUPPORT GROUP FOR RECOVERING STUDENTS
- S.M.A.R.T. RECOVERY

You are welcome to join these at any time. For more information about these groups, log onto our website at [www.case.edu/stuaff/ucs/groups.html](http://www.case.edu/stuaff/ucs/groups.html).

## Recovery House

The UCS & CBH are proud sponsors of Case's Recovery House; a residence for students in recovery from alcohol and other drugs.



For more information about this alternative housing option email us at [RecoveryHouse@case.edu](mailto:RecoveryHouse@case.edu)

## New Healthy Choices Clinics at Collegiate Behavioral Health!

Alcohol & Drug Clinic: What Is Right For You?  
Tuesdays 2:00 - 4:00 pm

Anxiety & Stress Management Clinic  
Fridays 2:30 - 3:30 pm  
Meditation Group: 330 pm

Healthy Sleep Clinic  
Fridays 10:30 to noon

Call 216-368-5872 or 216-368-2510

## Health Education Fund Application

The Health Education Fund of the Center for Collegiate Behavioral Health is a dedicated fund for the promotion of health education at Case Western Reserve University. Financial support for programs, media, speakers and/or classroom presentations which are designed to educate and inform our students of health and mental health information will be considered for partial or full funding. Proposals which illustrate collaborative efforts between and among university organizations and departments will receive priority. Applications are available upon request by emailing The Center for Collegiate Behavioral Health at [mind-body@case.edu](mailto:mind-body@case.edu)

## Talk To Us

For more information or if you would like to see a specific topic presented in this newsletter, please email [william.hale@case.edu](mailto:william.hale@case.edu)

For any other questions or comments, please e-mail Collegiate Behavioral Health at [mind-body@case.edu](mailto:mind-body@case.edu)

Collegiate Behavioral Health  
Health Services, 2nd Floor,  
2145 Adelbert Road  
216-368-2510  
Monday - Friday, 8:30 - 4:30

University Counseling Services  
Sears 201  
216-368-5872  
Monday - Friday, 8:30 - 5:00

## Center for Collegiate Behavioral Health Mission Statement

*The Center for Collegiate Behavioral Health promotes a university environment  
dedicated to the development of healthy life practices.*