



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | FALL 2017

New answers for Winter Depression

Light therapy treats winter depression as powerfully as an antidepressant, but requires people to sit under a *light box* for 30-60 minutes each morning. The *dawn simulator* is a simpler solution. It turns on while you sleep, and works almost as well as a light box.

Dawn simulators create a virtual sunrise that slowly lifts brain waves out of deep sleep. That gradual awakening helps people feel more refreshed and motivated when they awake, particularly people with depression.

Depression causes *sleep inertia*,

which makes it hard to wake up. By improving sleep inertia, a dawn simulator can help people do the difficult-but-necessary things that help recovery, like exercising, awakening at regular times, and using a light box. Dawn simulators pair well with these other therapies, and in mild depression they may work on their own.

Check our product guides at:
moodtreatmentcenter.com/winterblues

[We do not receive financial incentives for the products we recommend]

Food and Memory Blueberry Juice

Just a quarter cup of blueberry juice a day improves memory in older adults, according to a new study.

Blueberries are a top brain food. In addition to memory, they help depression and protect brain cells. Blueberry juice is available in most grocery stores or can be made by blending frozen blueberries with water.

In this study, the juice enhanced the brain's blood-flow and activity levels. It took about 3 months to work. Blueberry juice is also being used in combination with other natural ingredients to treat



postpartum depression. Read more about diet and the brain at:
moodtreatmentcenter.com/minddiet.pdf

Greeting Cards for Mental Health Get Well Soon...

Sympathy cards are a common response to illness, but when it's the brain that gets hurt those expressions of support are often few and far between. Enter *Hope Street Cards*, a non-profit group that makes greeting cards for people with mental illness.

The cards have a warm, accepting tone with messages like "Sometimes it's okay if all you did today was exist." They were created by a psychologist who has personal experience with mental illness, and proceeds from the sales support psychiatric research.

Cards like this can make a real difference. A simple note of support lowers the risk of suicide among people with depression. It

Hope for Winter Blues

Light Boxes bring a burst of morning light to dark winter days. They are as bright as a summer beach and work as well as medication.

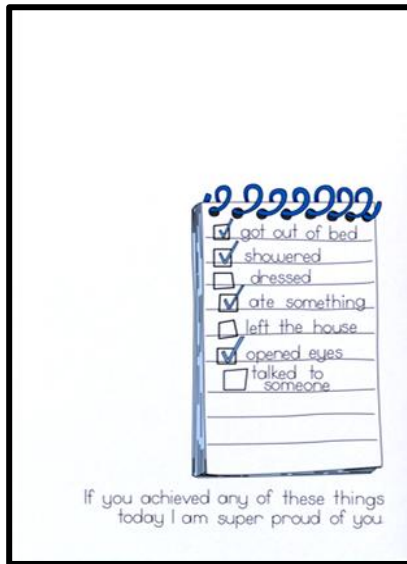
Dawn Simulators create a virtual sunrise to make up for the dim, late sun of winter mornings.

Air ionizers replenish negative air ions, which otherwise tend to drop during winter. They also give off a natural scent much like a waterfall or ocean breeze.

Exercise. Cold weather doesn't cause depression, but inactivity does. Light aerobic exercise 45 minutes every other day lifts winter and non-winter moods.

Therapy and medication work equally well for winter depression. Bupropion and cognitive-behavioral therapy (CBT) have the most research support.

can also help the sender. Giving freely to others is a pretty sure path to a happier life.



Mental health greeting cards are at hopestreetcards.com.au

Questions Answered

How does stress cause depression?

In the short term, stress does not cause depression. Stress activates the *fight-or-flight* system, motivating people to try harder and, hopefully, overcome the problem. It does this by raising stress hormones like cortisol and epinephrine.

Treatment Breakthroughs

Medication

Mydayis, Evekeo, and Adzenys for ADHD (these are new forms of Adderall).

SalivaMax for dry mouth.

Liraglutide for weight gain on antipsychotics.

Mirtazapine for fibromyalgia.

Bupirone for teeth grinding (bruxism).

Natural

REMFresh Melatonin for insomnia

Vitamin B1 for depression.

When stress goes on too long it can turn into depression. This happens when people are faced with problems they can't solve or walk away from. After a few months, that causes changes in the brain that look just like depression.

From that viewpoint, depression may serve a function, helping people conserve energy by giving up on losing battles. Unfortunately, the brain is not very precise, and true depression makes people give up on *everything*.

During therapy for depression, people learn how to solve difficult problems, move on towards more workable goals, or, in times of crisis, carve out some relief amidst an unworkable situation.

Got questions? Send them in at: moodtreatmentcenter.com/questioncorner

Hold the Benadryl

We've often told people to avoid "PM" meds for sleep and take Benadryl (diphenhydramine) instead. Benadryl is what causes the drowsiness in those products, and the other ingredients (like Tylenol) don't help sleep and can cause harm.

Now it may be best to avoid Benadryl all together. New research suggests it may increase the risk of dementia. What to do instead? Sleep doctors recommend behavior therapy before sleep medicine because it works better (surprisingly) and is safer (not a surprise). Learn more through our online sleep guides at: moodtreatmentcenter.com/brochures.htm

Practice News

Text us. You can now reach our receptionist through secure text at (336) 722-7266 M-F 8:30am-5:00pm.

Brief Skills Groups. Paul Decker will be offering brief educational groups focused on stress-management skills that can help during times of crisis, stress, and difficult moods. The first, *Managing Difficult Emotions*, starts Oct 2 and will consist of 4 Monday evening sessions. To register contact: grouptherapy@moodtreatmentcenter.com

New Website. Our new website is optimized for cell phones. You'll find our popular brochures under *Self Help*. Let us know how it's working for you: webmaster@moodtreatmentcenter.com

New Therapists

Anne Erickson, LPC-A works with depression, anxiety, trauma, bipolar, self-injury, and addictions. She also has a background in academic and career counseling (Greensboro office).

Julie Gleim, LPC, brings expertise in both Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT). These therapies help people with difficult moods, whether from bipolar, depression, borderline personality disorder, or stress and trauma (Greensboro and Winston offices).

Chase Salmons, LPC-A, LCAS-A, specializes in adolescent and young adults and also works with families in crisis. Other areas of interest include addiction, anger, adjustment issues, depression, anxiety, relationship concerns, and career counseling (Greensboro and Winston offices).

Laura Strickland, LCSW, LCAS, practices CBT and mindfulness therapy and works with mood, anxiety and sleep problems, addictions, obsessive-compulsive disorder (OCD), trauma, psychosis, and women's issues (Clemmons and Winston offices).