Your Mental Health:
Learn.
Embrace.
Grow.

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Psychiatric Social Worker II
• Depression
  • Post-Partum
  • Adjustment
  • Bereavement

• Anxiety
  • Generalized
  • Panic Attacks
  • Obsessive Compulsive Disorder

• Bipolar Disorder
• Schizophrenia
• Substance Abuse
• Eating Disorders

Common Disorders
Mental Illness affects individuals across various ages, income, race, and genders. It does not discriminate.

- Drew Carey - Depression
- Catherine Zeta Jones - Bipolar II
- Brooke Shields - Postpartum Depression
- Michael Phelps - ADHD
- Paula Deen - Anxiety and Panic Attacks
- Naomi Judd – Depression
- Jennifer Lawrence - Anxiety

You are NOT alone
• Approximately 12 million women in the United States experience clinical depression each year.[1]
• About one in every eight women can expect to develop clinical depression during their lifetime.[1]
• Depression occurs most frequently in women aged 25 to 44.[2]
• Women experience depression at roughly twice the rate of men.[2]
• Girls ages 14-18 have consistently higher rates of depression than boys in this same age group.[4]
• Women are twice as likely to develop PTSD [5]
• Women account for 85% of Eating Disorders [5]
• 13% of women experience Postpartum Depression between a week and month after delivery, and over 30% experience for a year or longer. [6]
• 3-5% of women experience Postpartum Anxiety and OCD. [6]

So Just How Common Is This?
Men are from Mars
Women are from Venus…

- Mental disorders can look very different between men and women. Symptoms, or warning signs, can range from:
  - Changes in sleep, appetite, or energy level
  - Irritability, social withdrawal, or excessive fears/worries
  - Body aches, headaches, or digestive issues without other clear causes
- Some disorders can only develop in women:
  - Post-Partum
  - Premenstrual dysphoric disorder (PMDD)
  - Menopausal depression
<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blame themselves</td>
<td>Blame others</td>
</tr>
<tr>
<td>Feel sad, apathetic and worthless</td>
<td>Feel angry, irritable, and ego inflated</td>
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<tr>
<td>Find it easy to talk about self-doubt and despair</td>
<td>Find it difficult to admit self-doubt</td>
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<tr>
<td>Use food and/or religion to self-medicate</td>
<td>Use TV and/or sports to self-medicate</td>
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<tr>
<td>Have trouble setting boundaries</td>
<td>Like to feel in control</td>
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<tr>
<td>Feel more sluggish and “nervous”</td>
<td>Feel more restless</td>
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<tr>
<td>Tend to report more physical symptoms-</td>
<td>Tend to report more “problems”-work,</td>
</tr>
<tr>
<td>fatigue, appetite, headaches</td>
<td>marriage</td>
</tr>
</tbody>
</table>

[3]
Why the differences?

- Biology
- Culture
- Behavior
If you don’t take care of yourself, you can’t take care of anyone else...
What Can You Do?

• Exercise
• Healthy Eating - Cut back on salt, caffeine, alcohol, and fatty foods
• Journaling
• Hobbies (sewing, photography, reading, crossword puzzles, coloring) - Even if you don’t feel like it.
• Heart Math
• Get a full nights sleep (7-9 hours)
Dr. Northrup gives Seven Steps to Improve your Self-Care

1. Tap into the stream of healing energy regularly
2. Know that you are your own best mother
3. Do something pleasurable each and every day
4. Breathe deeply and fully on a regular basis
5. Get support for self-care
6. Use the incredible power of no
7. Don’t wait for permission to start taking care of yourself

www.drnorthrup.com
What Shouldn’t You Do?

- Think you’re alone
- Think this is only happening to you
- Thinking you don’t have support
I AM STRONG  
Because I know my weaknesses

I AM BEAUTIFUL  
Because I am aware of my flaws

I AM FEARLESS  
Because I’ve learnt to recognize illusion from reality

I AM WISE  
Because I learn from my mistakes

I AM A LOVER  
Because I have felt hate and

I CAN LAUGH  
Because I have known sadness
YOU ARE

Pretty enough
Smart enough
Talented enough
Loud enough
Normal enough
Good enough
Experienced enough
Talkative enough
Confidant enough
Perfect enough

ENOUGH
Resources:


