
Sharing Your Truth: Mental Well-Being Among The Rare Bleeding Disorders Community

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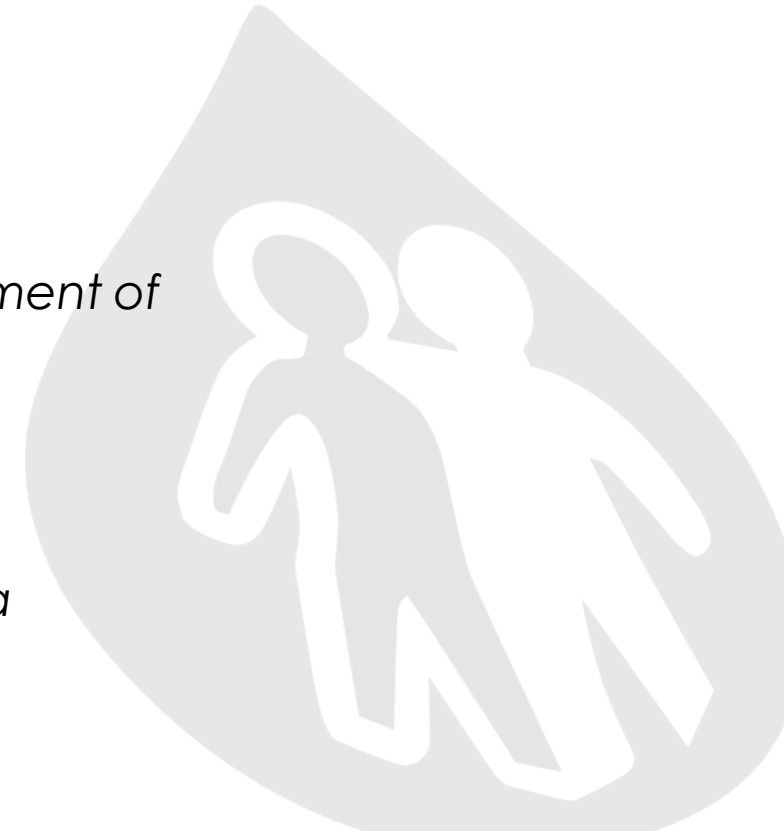
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Disclosures

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- No Disclosures



Learning Objectives

- To define mental health
- Define depression and anxiety and their manifestations
- Discuss situational anxiety and depressed mood
- Discuss clinical concerns



Polling questions

What is your main expectation for participating in this session on mental health?

- A. To gain better understanding about this important topic
- B. To learn new strategies for coping
- C. To interact and learn from other RBD Conference participants
- D. All of the Above



Polling questions

Are you a first time participant in this RBD education event?

- A. Yes
- B. No



What is Mental Health?

It includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Defining Depression and Anxiety

Depression

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

Anxiety

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time.

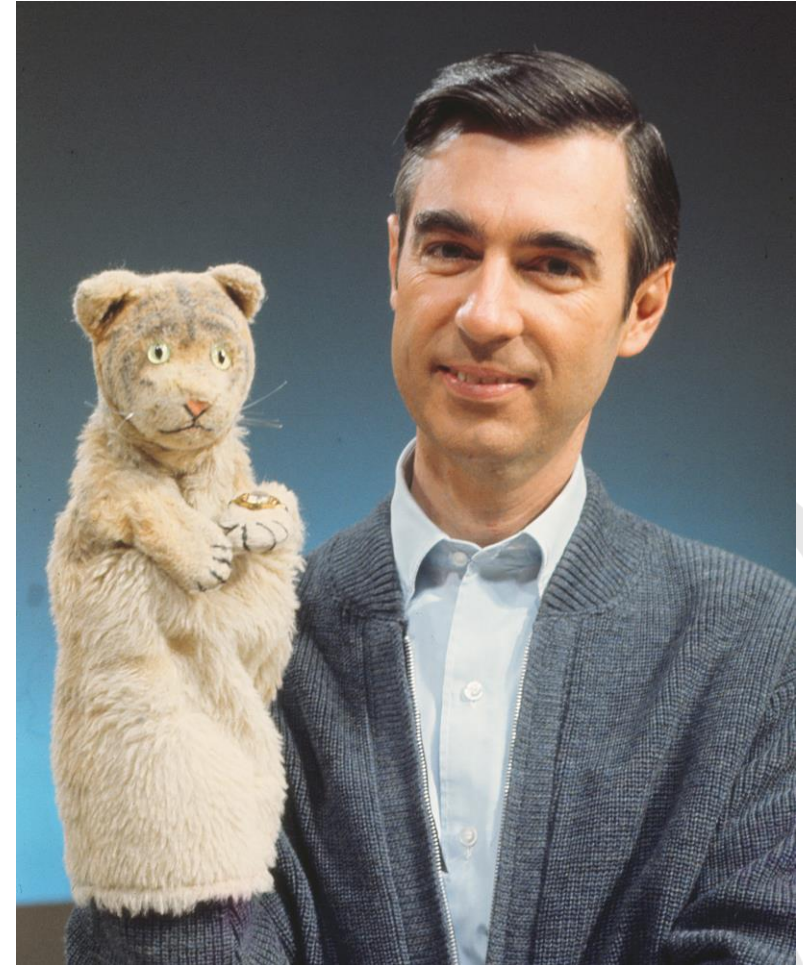
Polling questions

In the past two months, have you personally experienced more anxiety and/or a depressed mood?

- A. Yes
- B. No



"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' - Fred Rogers



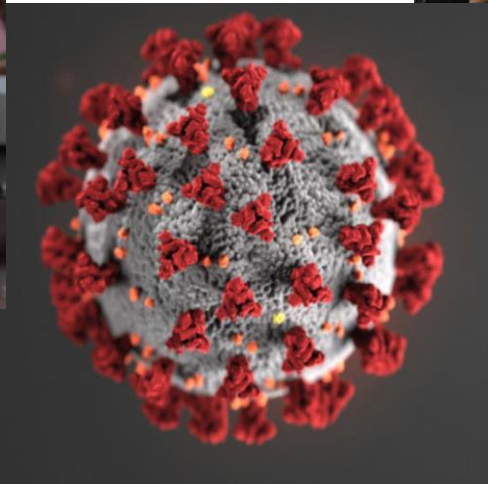
Situational Anxiety and Depressed Mood



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DECISION 2020





Our World Today...

- Strong Emotions-Fear, loneliness, uncertainty and vague uneasiness (NORMAL RESPONSE to Acute Distress); Stress vs. Trauma (PTSD)
- Our current situation is different than anything before and affects everyone's life
- Changes in routines/habits may impact communication in the brain and produce stress hormones
- Loss of social connections and interruption in schedules, plans, etc. can undermine our ability to effectively manage stress

Your Response...

- Monitor yourself and determine the origins of stress
- Acknowledge your response and give yourself permission to experience your feelings
- Limit exposure to the news and social media
- Address chronic/serious symptoms early and seek professional help
- Consider the effect of “protecting” others by non-communication

Polling questions

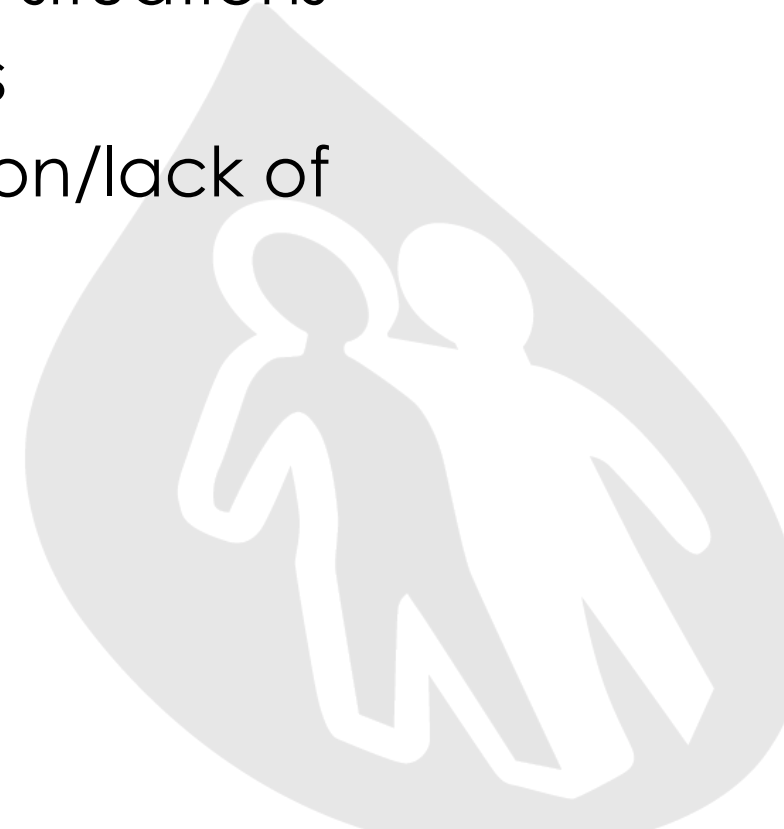
Have you experienced an increase in feelings of anxiety or depressed mood based on what's going on in the world?

- A. A great deal
- B. Much
- C. Somewhat
- D. Little
- E. Never



Risk Factors for Clinical Concerns

- Family hx.
- Hx. Of TBI
- Chronic medical conditions
- Substance use
- Traumatic life experiences
- Stressful life situations
- Recent loss
- Poor nutrition/lack of sleep

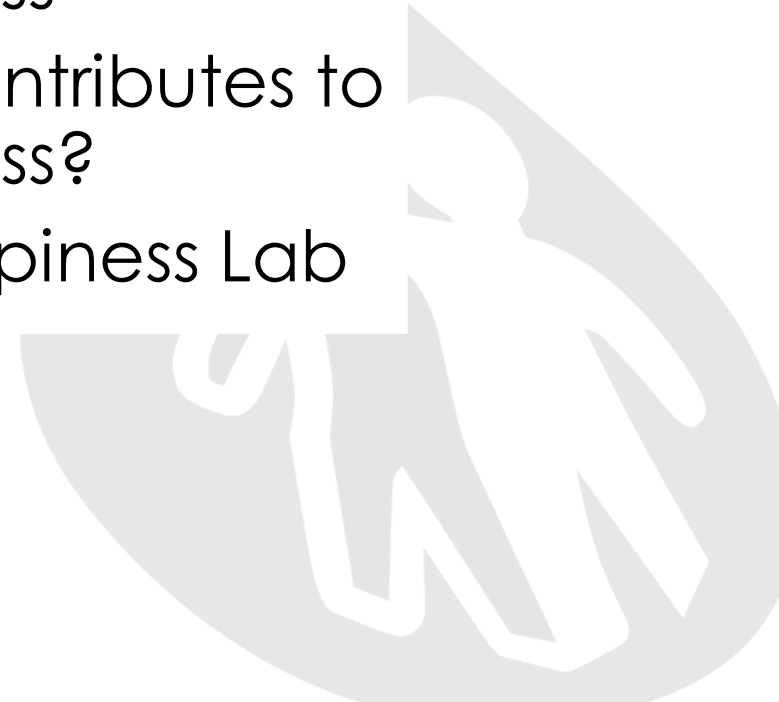




When discussing Mental Health, let's also talk about happiness



- The science of happiness
- What contributes to happiness?
- The Happiness Lab



Will you share how your family has effectively (positively) lived with mental health challenges?



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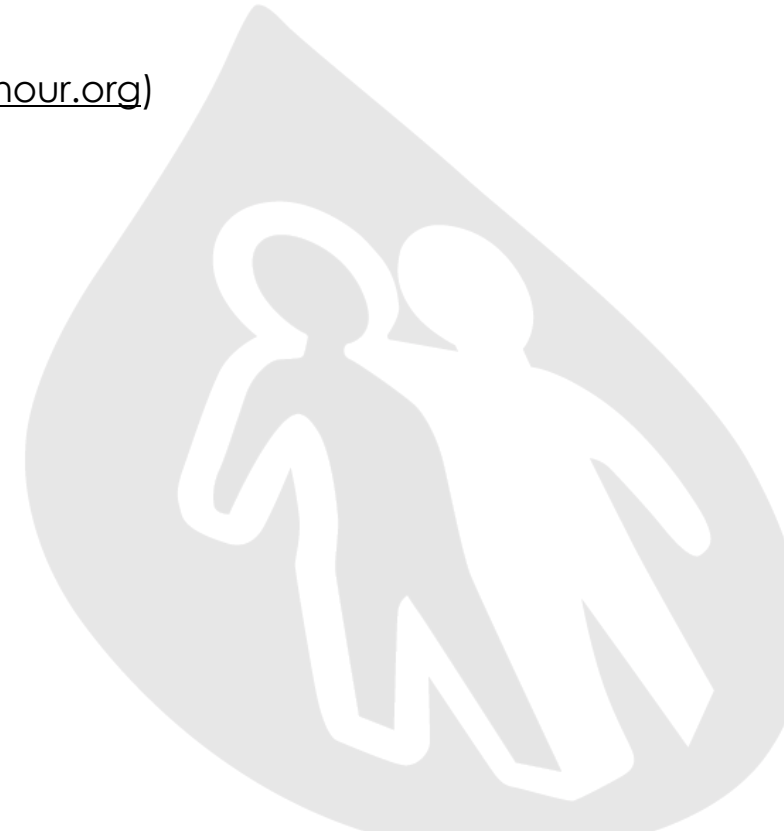
Takeaways

- Mental health is as important as physical health
- Stress and anxiety are a part of everyday existence
- Alter the narrative by choice
- Early intervention and outreach is important
- Always talk with your healthcare provider
- Relationships and positive supports are important



Resources

- Better Help-Remote Therapy (www.betterhelp.com)
- CHES (Comprehensive Health Education Services (www.ches.education))
- Educational Programs and Services for Glanzmann's (GT) and Factor VII Deficiency
- "One Drop" Rare Bleeding Disorders (for GT, FVd, FVIIId, FXd, FXIIIId: sponsored by CHES)
- Depression and Bipolar Support Alliance (www.dbsalliance.org)
- Give an Hour-Listing of Mental Health Providers offering brief counseling (www.giveanhour.org)
- Grief Share- Support for individuals experiencing loss and grief (www.griefshare.org)
- Happiness Research- Elizabeth W. Dunn, PHD (www.dunn.psych.ubc.ca)
- HEMAWARE-The Bleeding Disorder Magazine (www.hemaware.org)
- "Lets Talk": A Film by Believe Unlimited (Supported by Sanofi-Genzyme)
- National Alliance on Mental Health (www.name.org)
- National Organization for Rare Disorders (www.rarediseases.org)
- STEPS FOR LIVING-NHF (www.stepsforliving.hemophilia.org)
- The Happiness Lab (www.happinesslab.fm)





Session Evaluation

Take a few minutes now to fill out the session evaluation:

Rate this session

- Meaningful?
- Learned new ideas/skills?
- Will implement new ideas/skills?

How could this session be improved?

Comments?

