

EFFECTS

1. People with major depression may have lower bone mineral density, a measure of the strength of the bones, than those with no mood disorders.
2. High blood pressure
3. Chronic headaches
4. Death
5. Accidents
6. Physical harm
7. Problem with the law
8. Suspension from school
9. Seclusion and loneliness
10. Dropping out of school

KEY TO NOTE

1. Depression and bipolar disorder are treatable with medication, psychotherapy, support from others and wellness strategies. With the right treatment, all symptoms can improve including suicidal thoughts.
2. The act of suicide is often a desperate attempt to relieve symptoms of a mood disorder. During a severe depression or mania, a person has little or no control over painful and disturbing thoughts and feelings. These are symptoms of the illness, not a part of a person's true self.



“Imperfection is beauty.
Madness is genius
and it's better to be
absolutely ridiculous
than absolutely boring”



For more information Contact:

CHUKA UNIVERSITY WELLNESS CENTRE

Tel No: 0748 999 617 | 0776 495 418

Email: dos@chuka.ac.ke

#NotOkayIsOkay

MOOD DISORDER

**MENTAL HEALTH
MINDFULNESS.**





Mood disorders are medical conditions caused by changes in the chemistry of the body and brain.

You may be extremely sad, empty or irritable (*depressed*), or you may have periods of depression alternating with being excessively happy (*mania*).

Depression and Bipolar disorder are they key Mood Disorders and they may cause symptoms such as:

1. **Intense sadness**
2. **Hopelessness**
3. **Low energy**
4. **Loss of appetite**
5. **Changes in sleep patterns**
6. **Inability to concentrate**
7. **Decreased ability to perform one's usual tasks**
8. **Loss of interest in once-enjoyed activities**
9. **Thoughts of death or suicide that can be difficult to ignore or overcome.**

QUICK FACTS

Mood disorders are physical illnesses. Mood disorders such as depression and bipolar disorder are caused by a chemical imbalance in our brain, caused by;

1. ***Other physical illnesses***
2. ***Stress***
3. ***Hormonal changes***
4. ***Or even substance use.***

Mood disorders are often overlooked. They may be attributed to developmental factors such as aging or teenage hood.

Mood disorders have no single proven cause. Chemical imbalance in the brain is the only exception. Thus one shouldn't blame oneself.

Mood disorders can increase risk of physical illnesses. There can't be health without mental health and emotional wellbeing.

MYTHS AND MISCONCEPTIONS

1. Depression is a woman's illness- **men don't get it.**
2. I'm doomed to get depression because my parents had it.
3. Talking about it makes things worse.
4. Antidepressants are the only treatment I need.

CAUSES

1. Chemical imbalance in the brain is the only exception.
2. Traumatic life events.