



COUNSELING TEENS: MENTAL HEALTH ISSUES

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I. Introductory Comments

II. CAUSES, CHARACTERISTICS and RESULTS

A. CAUSES OF DEPRESSION

1. Estrangement from God
2. Bitterness, Resentment, Hatred
3. Poor estimation of personal value
4. Lack of close relationships
5. Loss of something or someone dear
6. Physical chemical imbalance
7. Change in social status
8. Inappropriate &/or sinful behavior
9. Sexual frustrations
10. Insufficient rest
11. Nutritional deficiencies
12. Financial strain
13. Success
14. Rejection
15. Lack of direction
16. Music that stirs negative emotion
17. Geographic change
18. Changed activity
19. Wounded family relationships
20. Unmet expectations
21. Post-partum depression
22. Physical, verbal, sexual abuse
23. Post-traumatic stress
24. Mid-life crisis
25. Empty-nest syndrome
26. Before & after retirement
17. Geographic change
18. Changed activity
19. Wounded family relate.
20. Unmet expectations
21. Post-partum depression
22. Abuse
23. Post-traumatic stress
24. Parents' mid-life crisis
- 25.

27. Post-abortion
28. Debt
29. Stressful life situations
30. Divorce
31. Loss of award opportunity
32. Bullying
33. Physical handicap; mental impairment
34. Self-pity
35. Heartbreak in broken or lost relationship; grief due to sudden loss through death or breakup.

B. CAUSES OF ANXIETY

1. Traumatic Childhood Experience
2. Childhood Environment of Trauma & Fear
3. Shocking or Humiliating
4. Over-protective Parents
5. Hypercritical Parents, Teachers, Leaders
6. Substance Abuse Personally or in Childhood Environment

C. PRIMARY SOURCES OF EMOTIONAL PAIN

1. _____

2. _____

D. CHARACTERISTICS OF DEPRESSION

1. Loss of perspective
2. Sadness
3. Apathy
4. Withdrawal
5. Desire to escape
6. Overly sensitive
7. Guilt/Condemnation
8. Addictions
9. Little or no motivation
10. Loss of interest in things once enjoyed
11. Lack of energy
12. Erratic sleep behavior
13. Change in Appetite, Eating Habits, &/or Weight
14. Worry
15. Irritability, Restlessness
16. Loss of energy, Chronic Fatigue
17. Introspection
18. Unexplained Headaches, Physical Pain, Nausea, Diarrhea, Constipation, other
Gastrointestinal Concerns
19. Hypochondria
20. Fear
21. Anger
22. Over-dependence
23. Self-pity
24. Difficulty Concentrating, Making Decisions or Remembering Information
(Brain Fog)
25. Sense of Hopelessness
26. Feelings of Worthlessness, Guilt, Shame
27. Thoughts of Suicide, Dying, or Death
28. Rumination
--With ANXIETY
...Get stuck in a thought cycle, exploring over & over all the possible ways a
situation could go wrong

...Unable to stop thinking about what is worrying, even when they know it's out of their control.

--With DEPRESSION

...Fixate on guilt about not having enough energy to spend time with friends

...Repeating over and over past events, and blame themselves for things they had little control over, including feeling depressed.

E. CHARACTERISTICS OF ANXIETY

1. Marked fear or anxiety in one or more social situations
2. Excessive blushing
3. Rapid speech
4. Fear of being judged by others
5. Feeling humiliated after speaking up
6. Trembling
7. Heart palpitations
8. Fear of meeting new people
9. Excessive sweating
10. Trouble breathing
11. Unexplained physical pain

F. POSSIBLE RESULTS IF LEFT UNATTENDED

1. Lack of trust in God
2. Possible Deconstruction of faith in unhealthy ways
3. Moral failure
4. Emotional breakdown
5. Physical breakdown
6. Willful rebellion
7. Victim Mentality
8. Isolation
9. Narcissism
10. Determination to gain wealth with a self-proving motivation
11. Imitation of others
12. Addictive behavior leaps
13. Eating Disorder
14. Despair
15. Suicide

III. CLASSIFICATIONS OF DEPRESSION & ANXIETY

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

IV. FOUR CLASSIFICATIONS OF BROKEN HEART SYNDROME

A. _____

Acute grief occurs in the early period after a loss and _____ the life of a heartbroken person.

B. _____

Integrated grief is the lasting form of grief in which loss-related thoughts, feelings & behaviors are _____ into a bereaved person's _____.

C. _____

Complicated grief is a persistent form of _____ in which thoughts & behaviors _____ to the present

Examples of Grief “Complications”

1. -----

2. -----

3. -----

D. Broken Heart Syndrome

Broken heart syndrome is called stress cardiomyopathy or takotsubo cardiomyopathy.

Although its symptoms mimic a heart attack, it's caused by a
.....

Treatments include heart medications, anti-anxiety drugs, stress management and cardiac rehabilitation.

In most people experiencing broken heart syndrome, it is usually a
..... heart condition.

1. What Broken Heart Syndrome Does to the heart:
2. Signs & Symptoms of Broken Heart Syndrome:
 - Sudden, severe chest pain (angina) [a main symptom]
 - Shortness of breath [a main symptom]
 - Weakening of the left ventricle of the heart [a main sign]
 - Fluid in the lungs
 - Irregular heartbeats (arrhythmias)
 - Low blood pressure (hypotension)
3. Complications of Broken Heart Syndrome [rare, but possible]

E. Healthy Symptoms of a Breakup may include:

F. Unhealthy Signs of Depression after a Break-up

If the counselee has 5 out of these 9 symptoms for a period of at least two weeks, they need to get help.

- Feeling sad, empty, or hopeless for most of the day nearly every day
- Loss of interest in activities you once enjoyed
- Weight loss & loss of appetite, or increase of appetite & weight gain
- Sleeping either too little or too much

- An increase in movements like pacing or hand wringing, or having significantly slower speech & movement
- Feeling as if you have no energy for most of the day
- Feeling worthless
- Difficulty concentrating or making decision
- Thoughts about death, also called suicidal ideation

V. TREATMENT MODALITIES FOR DEPRESSION & ANXIETY

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

L. _____

- ACE inhibitors to lower blood pressure (long-term)
- Beta blockers to slow the heart rate (short-term)
- Diuretics to decrease fluid build-up (short-term)
- Anti-anxiety medication or herbal & natural remedies to manage stress (long-term or as needed)

M. _____

VI. PRACTICAL CONSIDERATIONS & HELPS

A. Personal Health

B. Emotional & Intellectual Input

C. Daily Life / Personal Organization

G. Long-range & Short-range Goals

H. Healthy Relationships

VII. SPIRITUAL PRINCIPLES TO APPLY

A. Discern the root & deal with it appropriately.

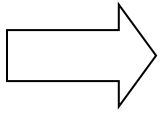
- If finances are the issue,

- If lack of vision, _____

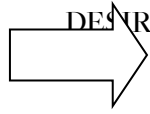
- If perspective is lost,

- If sickness is the issue,

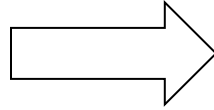
- If they're tired, -----
- Healthy Self-Talk
- Questions to ask:



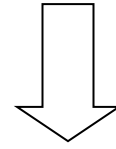
APPROVAL



DESIRE FOR
HURT



CHOICE

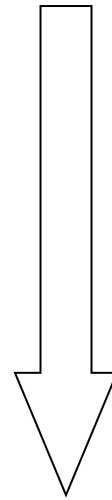


RESIST:
Refuses Understanding

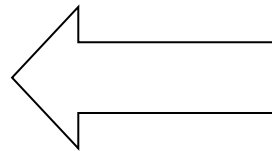
Holds Grudge

Full of Anger/Hatred

Refuses to Relate

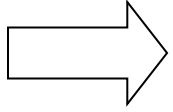


SEEKS APPROVAL
BUT NEVER FINDS IT

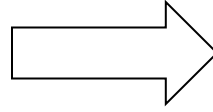


DEPRESSION

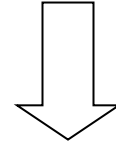
DESIRE FOR APPROVAL



HURT



CHOICE

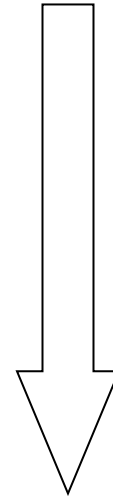


DEAL WITH IT
Seeks Understanding

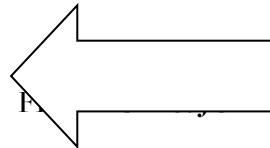
Offers Forgiveness

Full of Peace

Reaches Out Again



FINDS APPROVAL



B. _____

1. Repentance

1 Jn. 1:9 “If we confess our sins, he is faithful & just & will forgive us our sins & purify us from all unrighteousness.” (NIV)

Micah 7:8 “Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light.” (NIV)

2. Forgiveness

Eph. 4:32 “And be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you.” (NAS)

Jdgs. 11:1-3 – Jephthah served his brothers

Job – Job prayed for his friends

C. Renewing the mind & emotions with Spiritual Exercises

1. _____

Ro. 12:1,2 “I urge you therefore brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.” (NAS)

Psa. 16:7,8 “I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.” (NIV)

Psa. 61:2-8 “From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe. I long to dwell in your tent forever and take refuge in the shelter of your wings. For you, God, have heard my vows; you have given me the heritage of those who fear your name. Increase the days of the king’s life, his years for many generations. May he be enthroned in God’s presence forever; appoint your love and faithfulness to protect him. Then I will ever sing in praise of your name and fulfill my vows day after day.” (NIV)

Notice how the Psalmist exercised his will.

Commitment of Will	Psalm
“I will bless the Lord, who hath given me counsel...”	16:7
“Unto Thee will I cry, O Lord my rock...”	28:7
“I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall make her boast in the Lord.”	34:1,2
“My soul shall be joyful in the Lord: it shall rejoice in His salvation.”	35:9
“I said, I will take heed to my ways...I will keep my mouth with a bridle.”	39:1
“From the end of the earth will I cry unto Thee, when my heart is overwhelmed...I will abide...I will trust...so will I sing...”	61:2,4,8
“Unto Thee, O God, do we give thanks...”	75:1

2. _____

Phil. 4:8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” (NIV)

1 Pet. 1:13 “Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.” (NIV)

2 Cor. 10:3-5 “For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (NIV)

3. _____

Psa. 119:11 “I have hidden your word in my heart that I might not sin against you.” (NIV)

Psa. 63:6-8 “On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me.” (NIV)

4. -----

Ro. 1:17 “For in the gospel the righteousness of God is revealed – a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.” (NIV)

Ro. 14:23 “But who has doubts is condemned if they eat, because their eating is not from faith; and everything that does not come from faith is sin.” (NIV)

Heb. 11:6 “And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.” (NIV)

5. -----

1 Thess. 5:16-18 “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (NIV)

Eph. 5:20 “always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” (NIV)

The following scale is quoted from the book Happiness is a Choice by Frank B. Minirth and Paul D. Meier.

A SELF-RATING DEPRESSION SCALE

Anyone who answers “true” to a majority of the following statements is almost certainly depressed and should seek assistance before the depression worsens.

1. I feel like crying more often now than I did a year ago.
2. I feel blue and sad.
3. I feel hopeless and helpless a good part of the time.
4. I have lost a lot of my motivation.
5. I have lost interest in things I once enjoyed.
6. I have had thoughts recently that life is just not worth living.
7. My sleep pattern has changed of late. I either sleep too much or too little.
8. I am losing my appetite.
9. I am too irritable.
10. I am anxious of late.
11. I have less energy than usual.

12. Morning is the worst part of the day.
13. I find myself introspecting a lot.
14. When I look at myself in the mirror, I appear to be sad.
15. My self-concept is not very good.
16. I worry much about the past.
17. I have more physical symptoms (headaches, upset stomach, constipation, rapid heartbeat, etc.) than I did a year ago.
18. I believe people have noticed that I do not function as well at my job as I did in the past.