GENERAL MOOD DISORDERS

Approximately 20.9 million American adults suffer from general mood disorders.

EVERYDAY LIFE IS A ROLLERCOASTER OF EMOTIONS.

But if your mood starts to have an impact on your daily activities and in your social, educational, and vocational relationships, you may be suffering from a mood disorder.
What is general mood disorder?

Mood disorders are characterized by a serious change in mood that cause disruption to life activities.

Major Depressive Disorder
- Major depressive disorder is characterized by overall depressed mood.

Mania
- Elevated moods are characterized by mania or hypomania

Bipolar Disorder
- The cycling between both depressed and manic moods is a characteristic of bipolar disorder.

Health Condition-Related Mood Disorder
- Many medical illnesses like cancer, injuries, or chronic conditions can trigger symptoms of major depression.

Substance-Induced Mood Disorder
- Substance-induced mood disorder is characterized by symptoms of depression that are due to the effects of medicine, drug abuse, alcoholism, exposure to toxins, or other forms of treatment.

What are causes of general mood disorder?

Researchers have not found the cause for mood disorders but multiple factors are to be considered.

Biological Factors
- The likelihood of living with a mood disorder is influenced by your family history. If a relative is diagnosed with a mood disorder, your present with an increase chance of experiencing one.

Environmental Factors
- What you experience plays an important role in your emotional and mental health. Traumatic life events are considered a cause of the onset of mood disorders.

Diagnosing a Mood Disorder
- Mood disorders are a real medical disorder.
- A Psychiatrist or other Mental Health Professional can diagnose a mood disorder through a complete medical history and psychiatric evaluation.
What are the signs & symptoms of general mood disorder?

**Emotional Symptoms**
- Thoughts of and attempts at suicide
- Loss of interest in activities that were pleasurable in the past
- Feelings of worthlessness, helplessness or guilt
- Unyielding anxiety, sadness or feelings of emptiness
- Feelings of hopelessness or pessimism

**Physical Symptoms**
- Decreased energy or fatigue
- Headaches, body aches, pains, cramps or digestive problems
- Restlessness, Insomnia, or Excessive sleeping
- Loss of appetite or overeating
- Difficulty remembering details, making decisions or concentrating
- Impulsive or risky behavior

What are the treatment options for general mood disorder?

**Medications**
Antidepressants and anti-anxiety medications are commonly prescribed to individuals coping with mood disorders to alleviate emotional distress. Some mood disorders, such as bipolar depression, are usually treated with lifelong medication of mood stabilizers combined with psychotherapy.

**Psychotherapy**
Also known as talk therapy, psychotherapy is focused on changing thought patterns and behaviors. Cognitive behavioral therapy is often considered the benchmark therapy treatment for individuals living with mood disorders.

MHA Georgia's Tips and Tricks to Mental Health Wellness!

1. **Know Your Triggers and Early Warning Signs of a Manic or Depressive Episode**
2. **Create Your Emergency Action Plan with Contacts, Medications and Preferred Treatment Plan**
3. **Don’t Isolate! Join a Support Group or Build New Relationships for Face to Face Connection**
4. **Develop an Active Daily Routine with Healthy Lifestyle Choices**
5. **Keep Stress to a Minimum by using Relaxation Techniques and making Leisure Time a Priority**
6. **Watch what you put in your body by avoiding harmful substances and eating right!**