



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.

GENERAL MOOD DISORDERS

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

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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!



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