

Purpose of this presentation

- To give a general understanding of Depression and Anxiety
- Signs and symptoms
- Common coping strategies



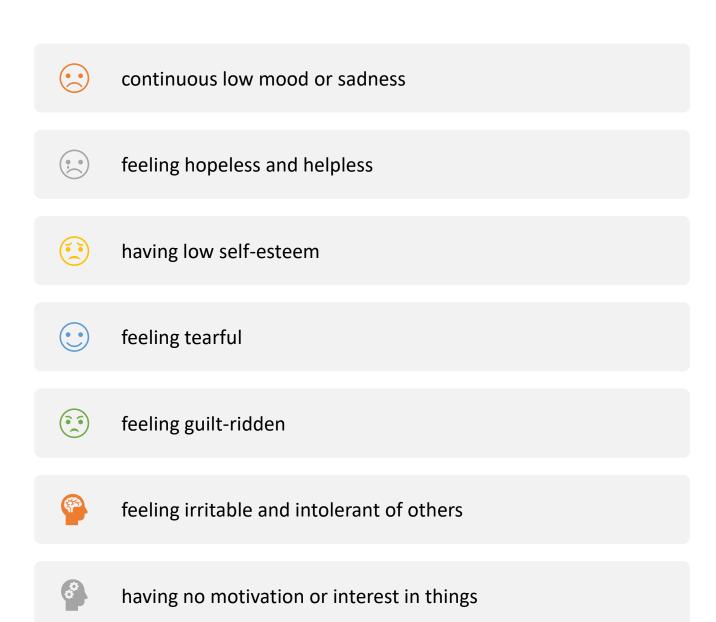


Depression

Depression is a mental health problem that involves having a low mood or losing interest and enjoyment in things. It can also cause a range of other changes to how you feel or behave.

Source: Mind

Signs and symptoms of Oppression



Behavioral signs of Depression

Avoiding avoiding contact with friends and taking part in fewer social activities Neglecting neglecting your hobbies and interests Having having difficulties in your home, work or family life



Anxiety

The main symptom of generalised anxiety disorder (GAD) is feelings of stress or worry that affect your daily life and are difficult to control.

Source: NHS



Symptoms of Anxiety

- difficulty sleeping
- feeling restless, irritable or finding it difficult to concentrate
- getting tired easily
- feeling tense
- stomach problems
- a more noticeable or unusual heartbeat (palpitations)
- feeling lightheaded or dizzy

Source: NHS

Common themes faced by Transplant Patients that cause psychological challenges

Fear of organ rejection

Guilt (benefiting over another person's loss)

Medication side effects

Body Image and Physical changes

Survivor's Guilt (surviving when other's did not)

Isolation

Lifestyle restrictions

Uncertainty about the future

Loss of identity

Financial stress

Medication Regime

Where do we start?

Normalise the experience

Transplant is not just a physical process

Psychologically emotional

Normal emotions

We can feel anxious or even depressed

Reflect on the life altering event

It is ok to not feel ok all the time

Practical ways to cope

Talk to someone (trusted friend, family member, support group)

Routine helps stability (getting up, shower, breakfast, housework, cooking etc.)

Mindfulness or breathing exercises (use apps, YouTube, walking)

Limit overwhelming information (social media, news etc.)

Celebrate small wins (pay gratitude to what you have achieved each day)

Asking for help is a strength, not a weakness (seek therapy - professional help)

Positive emotions

Relief

• Gratitude

Determination

Optimistic

Heightened sense of resilience

Remember!!!

"You're not alone. Every person here has felt some version of what you're feeling or have felt. Talking about it, supporting each other, and knowing it gets better - that's a powerful part of healing."

- Unknown