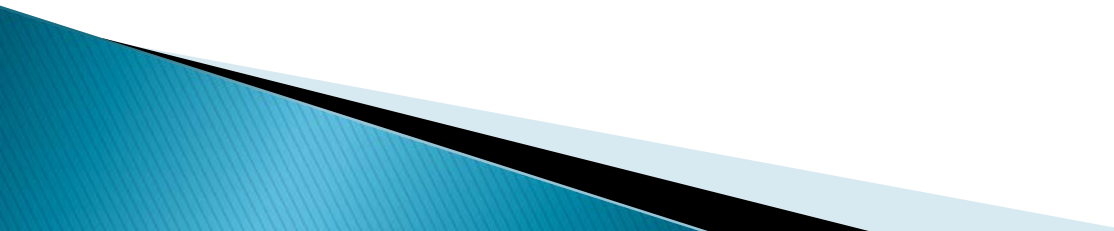


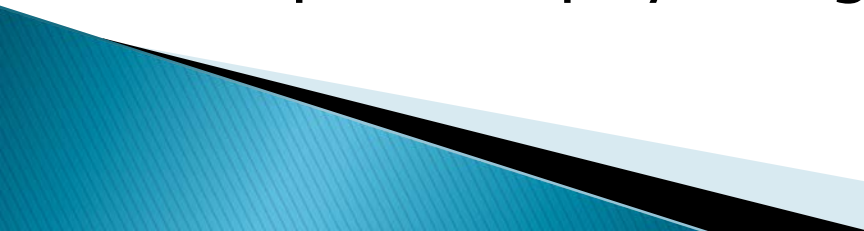
Stress, Depression, and Resilience

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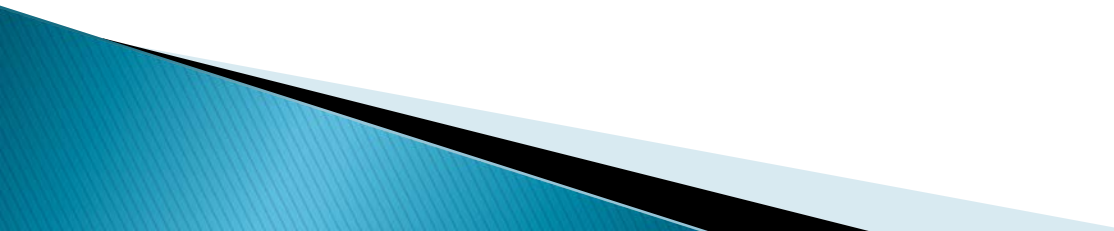
Objectives

- ▶ Introduce the psychological and physiological aspects of stress and depression
 - ▶ Understand how stress and depression impact the emotional and physical health of women
 - ▶ Become more aware of resilience among the women served by Healthy Start
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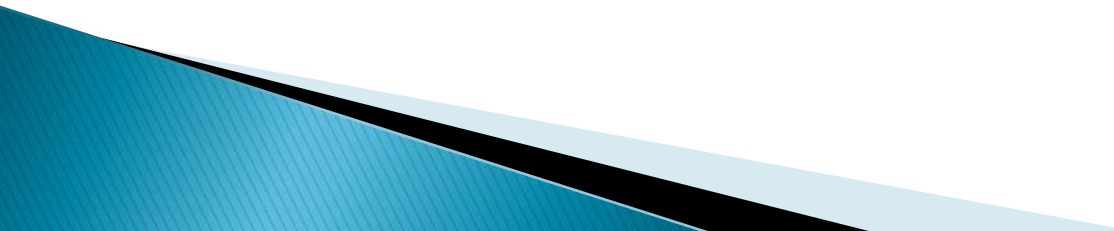
Stress, depression and resilience

- ▶ Too much stress over time can lead to depression, and both are bad for a woman before she becomes pregnant.
 - ▶ Stress and depression during pregnancy places the mother and her baby (in-utero) at risk for poor outcomes (preterm and low birth weight) and chronic diseases and risks (CVD, hypertension, diabetes, depression, obesity).
 - ▶ But some people, no matter what the stress they confront, press through, and their resilience helps their physiological and emotional state.
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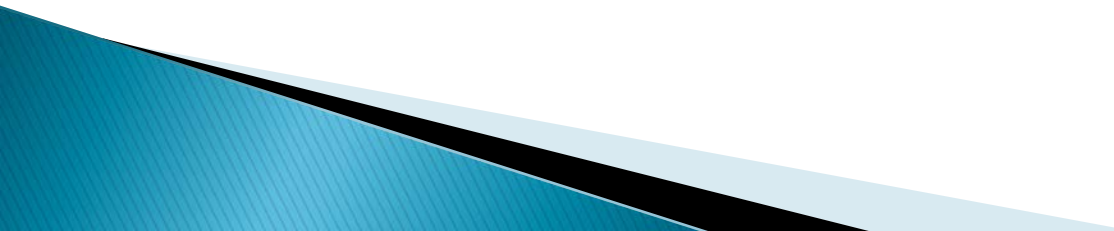
What is stress?

- ▶ The experiences and reactions to threats, harm, and challenges
 - ▶ Responses to stress are both emotional and physiological
 - ▶ There are different types of stress: chronic (everyday stress), acute (major life episode), traumatic (catastrophic experiences)
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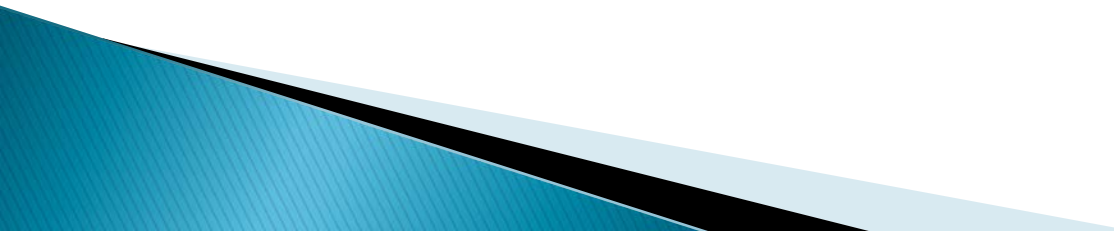
Stress

- ▶ Stress is a combination of stressors (threats, harm, and challenges) and the responses to those experiences
 - ▶ Stress that is constant without release, without ways to cope, can have serious consequences on ones emotional and physical health
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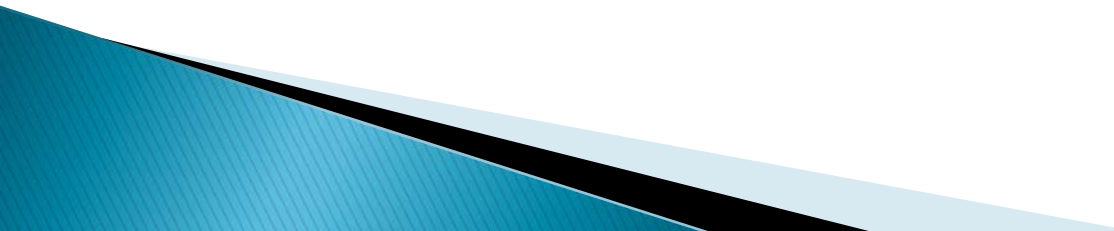
Stress and depression in women

- ▶ Women are more likely than men to report being stressed, and when exposed to a stressful situation, the bodily responses last longer for men than for women
 - ▶ One in five women develop depression in their lives, and pregnancy is a time when some women are particularly vulnerable to stress and depression
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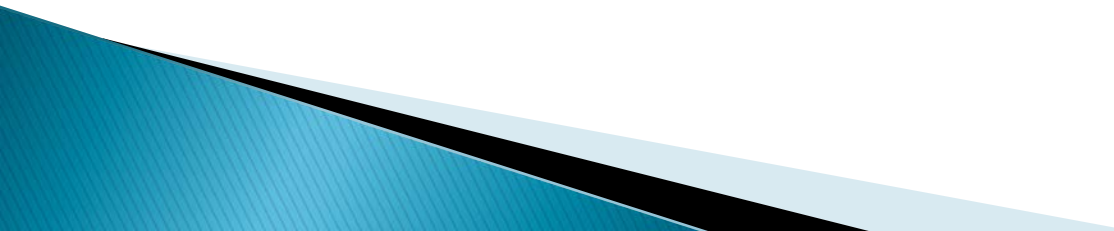
Physiological responses to stress

- ▶ The stress response begins in the brain where the amygdala receives a stress signal that is sent to the hypothalamus, where hormones and body functions are regulated
 - ▶ The signal sent to the autonomic nerves is where the reaction can be accelerated (heart beats faster, blood pressure rises) or slowed down (return to “normal”)
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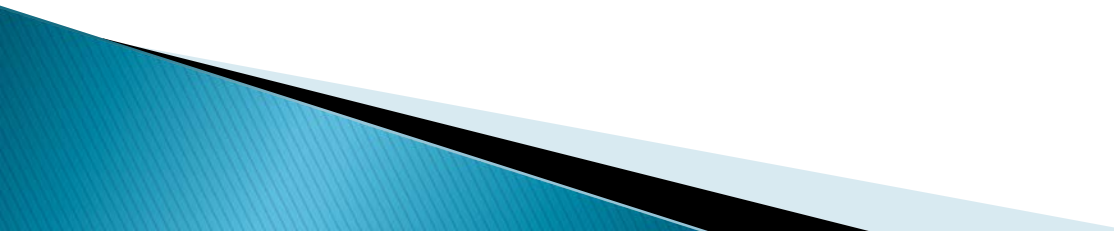
Physiological responses

- ▶ Second component–hypothalamus, pituitary, axis (HPA)–release of cortisol that fall when the threat is eliminated or remain elevated if the threat doesn't go away
 - ▶ Prolonged stress contributes to CVD, hypertension, diabetes, obesity
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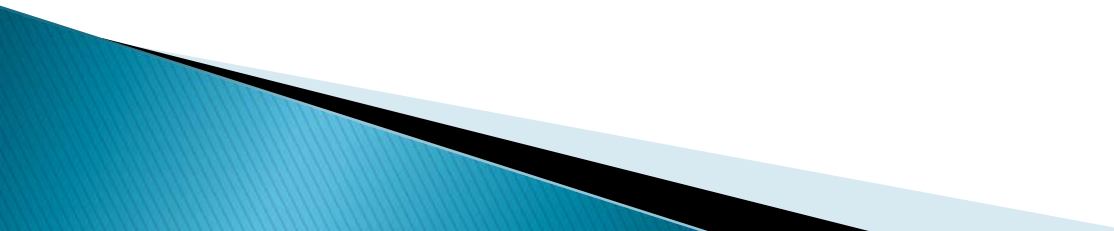
Stress and birth outcomes

- ▶ Too much stress over a long period of time contributes to infections that can result in premature birth
 - ▶ Increased cortisol that never subsides can lead to restricted growth in-utero, resulting in low birth weight
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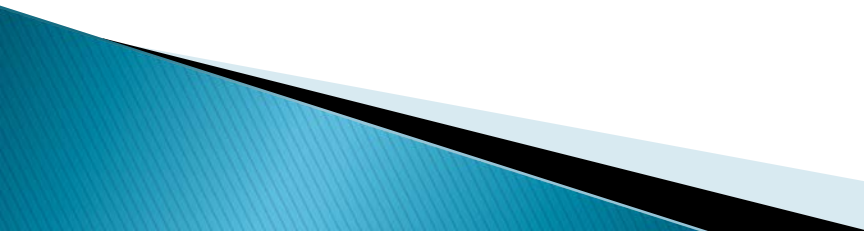
Depression

- ▶ Depression is a medical condition that is connected to physiological reactions as well as emotional response to stress
 - ▶ It is feeling sad or blue for an extended period of time where you are unable to function as you once did.
 - ▶ It may predict depression during other times in a woman's life
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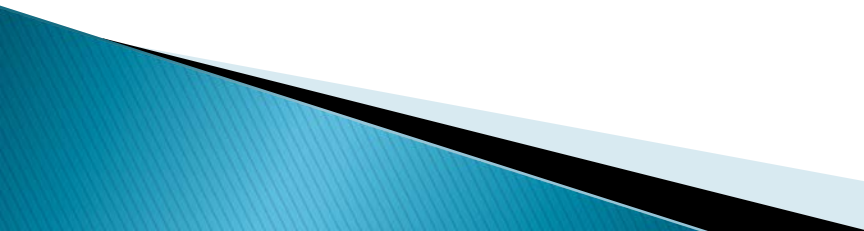
Physiology of Depression

- ▶ There is also elevated cortisol
 - ▶ Abnormalities in the interactions of the neurotransmitters and hormones
 - ▶ Irritable, loss of interest, suicidal
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Depression during pregnancy

- ▶ Sadness and the inability to function that may be connected to the reaction to being pregnant
 - ▶ Effects a woman's ability to care for herself properly
 - ▶ It places the mother at greater risk of having post-partum depression; inability of the mother to care for her child
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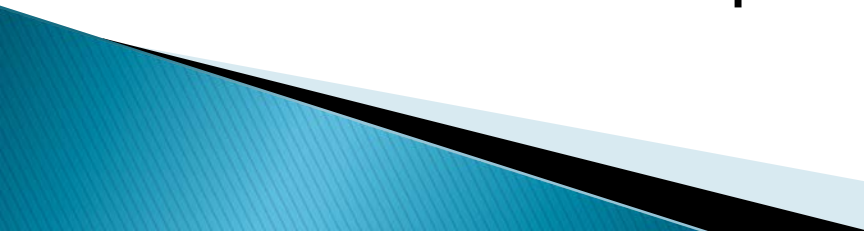
Developing resilience

- ▶ **There is no substitute for needed medical care for depression and extreme stress: Get mental health and medical care for depression**
 - ▶ Developing ways of coping for yourself and your clients is important for easing the burden that stress places on the body and mind
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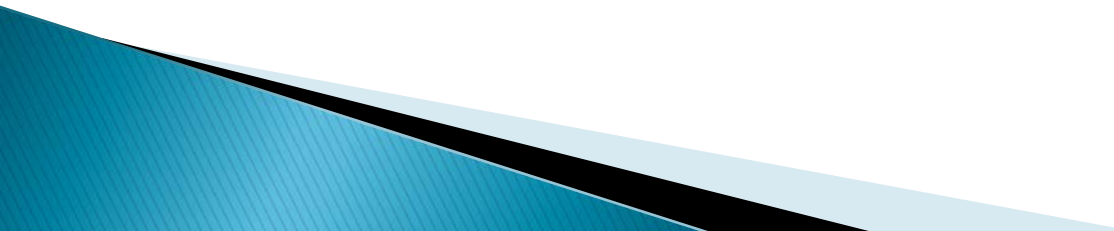
What is resilience?

- ▶ Adapting in the face of adversity, trauma, tragedy, threats
 - ▶ Surviving, adapting, and growing in the face of change, even in the catastrophic incidents
 - ▶ Thriving; individual and community
 - ▶ Doesn't mean that you normalize unjust and inequitable circumstances
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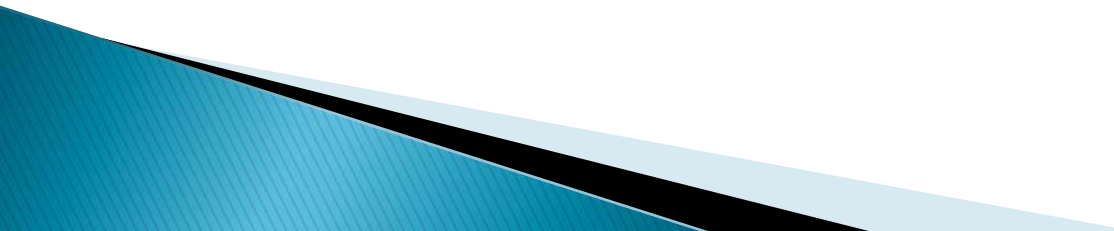
Resilience factors

- ▶ Stress is shaped by the determinants of race, gender, class, age, region, and nativity shaped by the historical and contemporary factors
 - ▶ Resilience is also shaped by determinant factors as part of culture
 - ▶ Emphasizes strengths and assets; balances the ideas of disparities and deficits
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Other contributors to resilience

- ▶ Caring relationships
 - ▶ Caring for the body
 - ▶ Positive view of oneself
 - ▶ Recognizing strengths and assets
 - ▶ Setting goals
 - ▶ Knowing about one's personal, family, community, group identity
 - ▶ Faith and religion
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Resources

- ▶ American Psychological Association (2010), [Understanding depression and effective treatment.](#)
 - ▶ [Belly Buddies](#)
 - ▶ California Newsreel, [When the Bough Breaks, Unnatural Causes: Is Inequality Making Us?](#)
 - ▶ Center for Disease Control (2012), [Managing Stress.](#)
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Resources

- ▶ Jackson, F. M., Rowley, D. L., & Curry Owens, T. (2012). Contextualized stress, global stress, and depression in well-educated, pregnant, African-American women. *Women's Health Issues, 22*(3), e329–e336.
- ▶ Dominguez, T. P., Schetter, C. D., Mancuso, R., Rini, C. M., & Hobel, C. (2005). Stress in African American pregnancies: testing the roles of various stress concepts in prediction of birth outcomes. *Annals of Behavioral Medicine, 29*(1), 12–21.