



**UNDERSTANDING DEPRESSION,  
ADDICTION, AND VIOLENCE.**

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# ABOUT ME



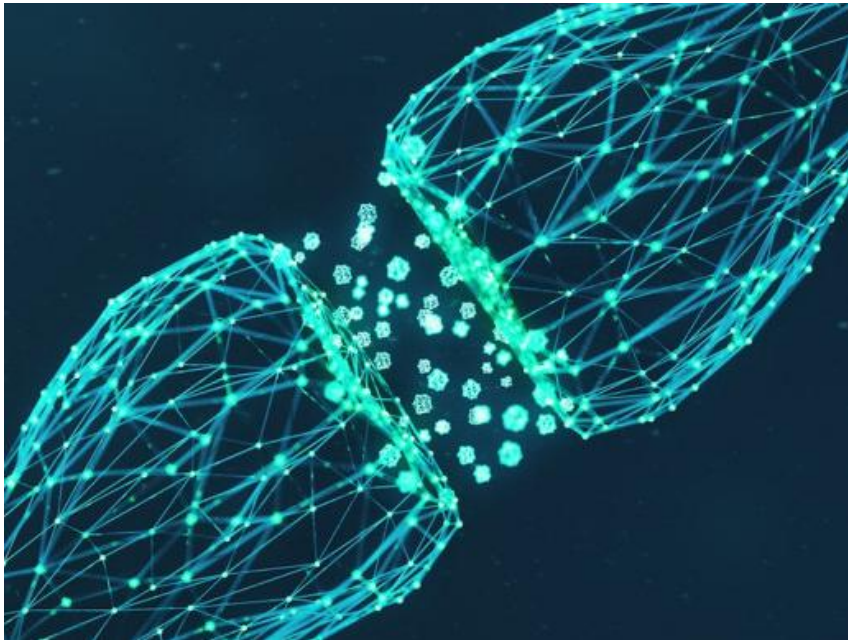


# DEPRESSION

20% woman and 10% man will experience depression at least once in their life.

# WHAT CAUSES DEPRESSION?

Endogenous



Exogenous



# SYMPTOMS

## Emotional

- Depressed mood, overwhelming sadness, indifference, listlessness
- High levels of tension and anxiety.
- Irritability and aggression.
- Inexperiencing pleasure, anhedonia.

## Physical

- Sleep disorders, insomnia, changes in appetite,
- Alcohol or drug abuse.
- Somatic symptoms, unexplained aches and pains.
- Loss of vital energy, fatigue, decreased libido.
- social withdrawal, avoiding people,

## Depressive thinking

- Negative self-assessment.
- Overwhelming guilt (for no reason)
- Delusions about being sinful, being punished.
- No prospects.

## Cognitive

- An inability to concentrate, forgetfulness.
- Difficulty making decisions.
- The feeling that you are not yourself.

## The meaning of life

- Feeling of hopelessness.
- Suicidal thoughts or plans.
- Self-harm.





Starting Windows

C:\>chkdsk

Volume Serial Number is 3E76-4B58

2,146,467,840 bytes total disk space

131,072 bytes in 2 hidden files

32,768 bytes in 1 directories

7,405,568 bytes in 124 user files

2,138,898,432 bytes available on disk

32,768 bytes in each allocation unit

65,505 total allocation units on disk

65,274 available allocation units on disk

655,360 total bytes memory

602,704 bytes free

Instead of using CHKDSK, try using SCANDISK. SCANDISK can reliably detect and fix a much wider range of disk problems. For more information, type HELP SCANDISK from the command prompt.

C:\>\_

# WHEN TO SEEK HELP?

- Symptoms last longer than 2-4 weeks.
- Symptoms last for several days but recur from time to time.
- The occurrence of suicidal thoughts.
- Delusional thinking.
- Serious difficulties in daily functioning.





# POSTPARTUM DEPRESSION

50-80% of women  
experience a mood disorder  
13-20% of women have  
postnatal depression  
5-25% of men have  
depression in the perinatal  
period



# DEPRESSION IN CHILDREN



ALEKSANDRA  
MROCZKO  
zgraj się z życiem

116 suicides, 730  
suicide attempts in  
2017.

103 suicides and 475  
attempts in 2016.



# DEPRESSION IN THE ELDERLY

30% of people over the age of 65 have depression.

Suicide is three times more common.



# ADDICTION

Symptoms, effects, and  
what to look for



# HOW TO RECOGNIZE ADDICTION?



- You need more and more of it; and more often.
- You use it on a daily basis, not because of circumstances.
- You're waiting for the moment when you finally do it. You opt out of other activities to make this possible.
- You reach for it even when you know it is risky (e.g. when driving a car, during pregnancy, with other medications).
- Others ask about it, suggest seeking help.
- You use it to take away the shame for using it.



# VIOLENCE

23% of womane &  
19% of man has  
experienced domestic  
violence thru live.

A large, weathered wooden mallet is suspended in the air, positioned as if about to smash down onto a brown egg. The egg is sitting in a white ceramic eggcup. The background is a solid dark color, making the objects stand out.

# TYPES OF VIOLENCE

Physical, mental,  
economic, sexual and  
neglectful violence.



# HOW TO RECOGNIZE VIOLENCE?



- You feel guilty about the other person's behavior. You feel ashamed.
- You hide your thoughts and desires so as not to "make the person upset".
- You choose actions that you hope will "calm" the person.
- Unpredictability: sometimes this person is extremely nice and sometimes violent.
- He/she apologizes, promises change, tries to make up for the harm, but then does the same again.
- You don't tell anyone about this person's behavior. You cover him/her.



# WHAT CAN YOU DO?

What increases the chance of maintaining health and healthy relationships.

# HOW TO REDUCE THE RISK OF MENTAL DISORDERS?

- Take care of sleep, food and exercise.
- Stay in touch with people and resolve conflicts with loved ones.
- Accept help and ask for it.
- Slow down as you go through changes.
- Undertake a variety of activities that bring relief, pleasure and joy.
- Do Beck's test from time to time.
- Go to a psychiatrist, psychologist, psychotherapist.

# BALANCE

Challenges and stresses &  
peace and security.

Closeness & Freedom

Receive & Give

Work & Life

# THANK YOU!

1. Stay in touch on Facebook, write review if you like this meeting <3
2. Tell someone about your conclusions and reflections from this meeting.
3. Take care of yourself

