

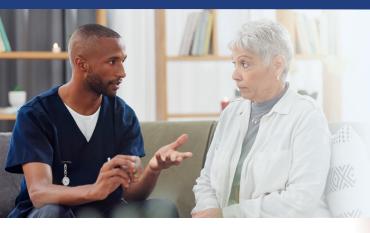
NONPHARMACOLOGICAL APPROACHES TO DEPRESSION MANAGEMENT

What is Depression?

Depression is a brain disorder that causes persistent feelings of sadness and loss of pleasure or interest in activities for long periods of time. A qualified professional may diagnose depression if these feelings persist daily for at least two weeks.

Ways to Help Residents Manage Symptoms of Depression

Use this resource for residents with a diagnosis of depression.



Family and Community Social Supports

Relationships and social connections can help enhance mood. Create opportunities with families and community organizations to promote social interactions for residents by:

- Encouraging family involvement and visitations.
- Collaborating with local volunteer organizations to lead or assist with activities such as, book club, birthday and holiday celebrations, scrapbooking, etc.
- Coordinating with diverse faith-based groups for music and worship services.
- Creating opportunities for sharing in group activities.

Mental Health Therapy

Residents will have better outcomes when therapy is part of their care plan. Some common therapies residents can explore with mental health professionals include:

- Cognitive behavioral therapy
- Problem solving therapy
- Reminiscence therapy



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Lifestyle Changes

Engaging in cognitive-boosting exercises and activities can help decrease symptoms of depression. Ensure a variety of activities are available to residents, such as:

- Aerobic activities
- Strength training
- Yoga and meditation
- Mindfulness exercises
- One-on-one conversations
- Light therapy

- Dancing
- Music therapy
- Gardening
- Coloring
- Puzzles
- Journaling



Nutrition

Although no single nutrient can cure depression, studies have shown that specific foods can improve depressive symptoms. Work with the registered dietitian to create a meal plan specific to the resident's needs.

Encourage

- Vegetables
- Beans
- Berries
- Fish
- Olive oil
- Chamomile

Avoid

- Juices
- White bread
- Soft drinksSweets
- Pasta
 Artificial sweeteners
- Arti



These non-pharmacological approaches are not meant to be a substitute or replacement for medical advice for the management of depression. Consult a mental health professional for severe or persistent depressive symptoms.

REFERENCES

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UNDERSTANDING DEPRESSION-CAREGIVER: GET THE FACTS - SUBSTANCE ABUSE AND ... (N.D.-B). <u>HTTPS://STORE.SAMHSA.GOV/SITES/DEFAULT/FILES/SMA16-5003.PDF</u>



Scan the QR code to view additional resources and trainings from the COE-NF.

www.nursinghomebehavioralhealth.org/



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