

STRESS AND DEPRESSION: IMPACT ON THE EXECUTIVE SUITE



TASSCUBO 2018 SUMMER
CONFERENCE



**ARE YOU PREPARED FOR A
CRISIS OF THIS MAGNITUDE?**

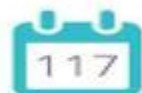
SUICIDE IN AMERICA: THE FACTS

THE PREVALENCE

Suicide is the
10TH LEADING CAUSE
of death in the U.S.

More than
40,000
Americans die by
suicide each year.

500,000
Americans attempt
suicide annually.



The average number
of suicides per day.

THE DEMOGRAPHICS



Men die
by suicide
3.5x more
often than
women.



White males accounted for
7 of 10 suicides in 2014.



The rate of suicide
is highest among
middle-aged people.

Suicide is the
8th leading
cause of death
for American
Indians/Alaska
Natives across
all age groups.

THE MEANS

50%

Firearms account for
more than 50% of all
completed suicides.

20%

Suffocation accounts for
more than 20% of all
completed suicides.

16%

Poisoning accounts for
more than 16% of all
completed suicides.

THE SURVIVORS

A survivor of suicide
is a family member or
friend of a person who
died by suicide.

Approximately **246,000**
Americans become
survivors of suicide
each year.

Survivors of suicide can experience grief
for an indefinite amount of time, and may
experience mental health problems like
post-traumatic stress disorder following
the loss of their loved one.

THE HOPE

90%



of people who die by suicide have
a mental disorder at the time of
their deaths. There are treatments
available that can help address
underlying health issues that put
people at risk for suicide.



More than 660,000
people in the U.S. have been
trained in Mental Health First
Aid and now have the ability to recognize when
someone may be in distress and the skills to
provide support and get people to the help they
may need.

To sign up for a Mental Health First Aid course near you, visit www.MentalHealthFirstAid.org

Sources: American Association of Suicidology | American Foundation for Suicide Prevention | Centers for Disease Control and Prevention | Mental Health First Aid USA

SO ... WHY WOULD A CEO COMMIT SUICIDE?

- Desire to STOP suffering.
- Could not bear his psychological pain and doubted it would ever get better.
- Trying to block unbearable emotional pain.
- Did not believe there was a reason to live and the world would be better off without him.
- Was probably so distressed that he was unable to see there were other options.
- Feelings of hopelessness.

WHAT IS CLINICAL DEPRESSION?

Most people feel sad or low at some point in their lives. But clinical depression is marked by a depressed mood most of the day, particularly in the morning, and a loss of interest in normal activities and relationships – symptoms that are present every day for at least two weeks.

DEPRESSION

- Depression is a common but serious medical illness that leaves you feeling despondent and helpless, completely detached from the world.
- Depressive illnesses are disorders of the brain and are likely caused by a combination of genetics, biological, psychological and environmental factors.
- It interferes with your life, making it difficult to work, study, sleep and eat.





1/2

**OF THE POPULATION HAS
BEEN TOUCHED BY SUICIDE**

1 out of **3** report it as a
high impact event
in their lives



Awareness is key: The American Association of Suicidology's 50th Annual Conference last year had **113.3 million impressions** on Twitter.

9,101

MORE PEOPLE DIED OF SUICIDE THAN CAR ACCIDENTS IN 2015



Someone dies from suicide every **11.9** minutes



There is help for those in crisis: Accredited Crisis Centers answered more than ***1.5 million calls*** last year.

90%

OF PEOPLE WHO
ATTEMPT SUICIDE

SURVIVE



Attempt survivors are diverse and are represented across *all our 7 membership divisions*.



SYMPTOMS OF DEPRESSION

- Feelings of sadness or unhappiness
- Change in appetite or weight
- Slowed thinking or speech
- Loss of interest in activities or social gatherings
- Fatigue, loss of energy, sleeplessness
- Feelings of guilt or anger over past failures
- Trouble concentrating, indecisiveness
- Anger or frustration for no distinct reason
- Thoughts of dying, death and suicide

IS IT NORMAL TO FEEL SOME OF THE SYMPTOMS

- We all face some of these issues from time to time.
- Recognizing the signs of depression in yourself and others can be tricky.
- Everyone has off days, times when we become overwhelmed with life, but most people are able to bounce back.
- If you begin to experience these symptoms with some regularity, or several symptoms consecutively, you may want to consult a mental health professional.

HOW DO YOU KNOW IF YOU ARE DEPRESSED?

- Have you experienced extreme sadness or hopelessness?
- Have you been experiencing thoughts of death or suicide?
- Does your family have a history of depression?
- Have you turned to heavy drinking or drug use to relieve feelings of hopelessness?

WHAT IS THE MESSAGE?

- University administration is currently one of the most stressful occupations in American society. Without a doubt, the decision-making, fiscal, and supervisory responsibilities of administrators make this a demanding profession, one which “wears and tears” on the human body.
- As higher education administrators, we all face stressful situations every day.
- It is important that we learn how to deal with this stress.
- Everyone is different.

A PRESIDENT'S MESSAGE?

President Jones referenced stress in his April 25th email thanking university faculty and staff for concern they expressed after his hospitalization for what at the time was an undisclosed illness.

“Stress makes everything worse, taking a toll on body, mind and spirit. We all know how stressful university life can be, for students, faculty and staff alike, and I urge all of you who are dealing with stressful challenges in your life to get the rest and help you need. **Even a Lion needs a helping paw from time to time.**”

WHAT CAN WE DO TO MANAGE STRESS

- Take time to recharge
- Learn to relax
- Get moving
- Do something calming
- Meditate
- Breathe deeply
- Have some fun

WAYS TO START THE CONVERSATION

- “I wanted to check in with you because you have seemed pretty down lately.”
- “Recently, I have noticed some differences in you and wondered how you are doing.”
- I have been feeling concerned about you lately.”

QUESTIONS YOU CAN ASK:

- “Did something happen that made you start feeling this way?”
- “When did you begin feeling like this?”
- “Have you thought about getting help?”
- How can I best support you right now?”

WHAT YOU CAN SAY THAT HELPS:

- “You are not alone in this. I’m here for you.”
- “I may not be able to understand exactly how you feel, but I care about you and want to help.”
- “You may not believe it now, but the way you’re feeling will change.”
- “When you want to give up, tell yourself you will hold on for just one more day, hour, minute—whatever you can manage.”
- “You are important to me. Your life is important to me.”
- “Tell me what I can do now to help you.”

WHAT YOU SHOULD AVOID SAYING:

- “It’s all in your head.”
- “Look on the bright side.”
- “Just snap out of it.”
- “We all go through times like these.”
- “You have so much to live for why do you want to die.”
- “I can’t do anything about your situation.”
- “Shouldn’t you be better now?”
- “What’s wrong with you?”

RELAXATION EXERCISE

IN THE MOMENT

- Hum
- Journal
- Be Sensual
- Respond to SPAM
- Breath

GETTING POSITIVE

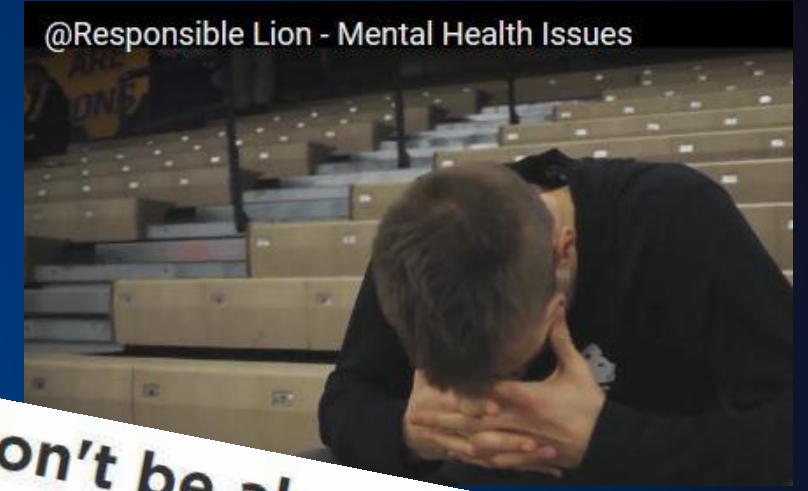
- 3 Gratitudes
- Journal
- Exercise
- Random acts of kindness
- Shaun Achor

FROM ALLISON MASSARI, KEYNOTE SPEAKER,
EXECUTIVE COACH AND ARTIST

“Sometimes it can be difficult to know what to say when someone is in crisis. Often, people are so afraid of doing or saying the wrong thing that they do nothing. It is so important in someone’s time of need to do something. The absence of contact can be misunderstood and make it appear that you don’t care. People truly appreciate kindness, and even the smallest gesture can be tremendously healing. Love is powerful, and reaching out will make a world of difference.”

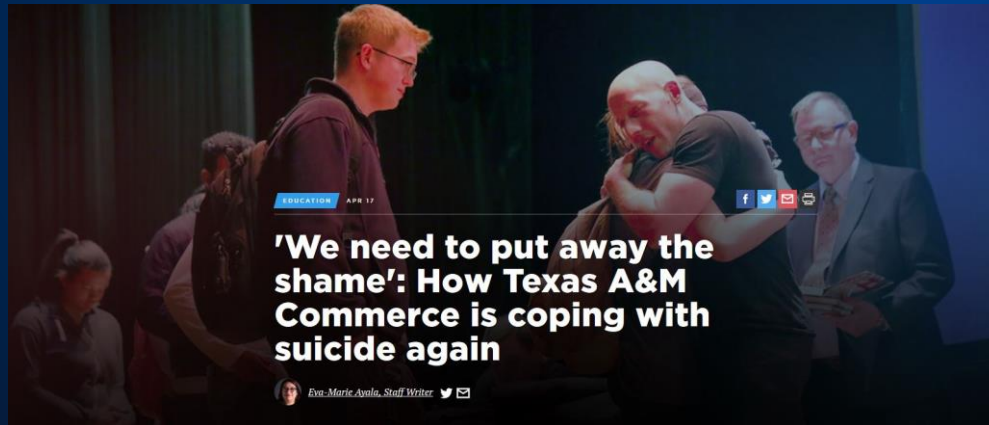
SHINING A LIGHT ON MENTAL HEALTH AT TEXAS A&M UNIVERSITY-COMMERCE

- Mental Health Matters Day – April 2, 2018
 - Keynote Presenter: Kevin Hines
- Training Sessions for the University Community
- Increased Communication
- Responsible Lions
- Things like this Presentation



@Responsible Lion - Mental Health Issues

'Don't be alone in yourself'







A special thank you to Jalinna Jones
for allowing us to tell Dan's story.

Infographic Information for National Suicide Prevention Week

www.nspw.suicidology.org

National Suicide Prevention Lifeline

1-800-273-8255

www.suicidepreventionlifeline.org

