

Depression & Anxiety Physiology [Looking at the brain]

1

---

---

---

---

---

---

---

---

“

*We envisage a society in which mental health problems are an acceptable and in some ways valued part of human experience.*

Mike Slade, Lindsay Oades & Aaron Jarden, 2017  
PositivePsychology.com

2

---

---

---

---

---

---

---

---

### The World We Live In?



3

---

---

---


---

---

---

---

---



Impact on Our Wellness?

4

---

---

---

---

---

---

---

---



5

---

---

---

---


---

---

---

---

### The Human Computer



Input Process Output

SENSORY INPUT → ATTENTION → INCORPORATING INTO MEMORY → MAINTENANCE REHEARSAL → MAINTENANCE REHEARSAL → OUTPUT

UNATTENDED INFORMATION IS LOST

SOME INFORMATION MAY BE LOST OVER TIME

6

---

---

---

---

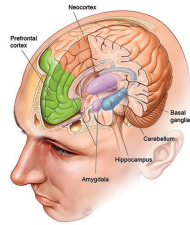
---

---

---

---

### Memories [What's that about]



---

---

---

---

---

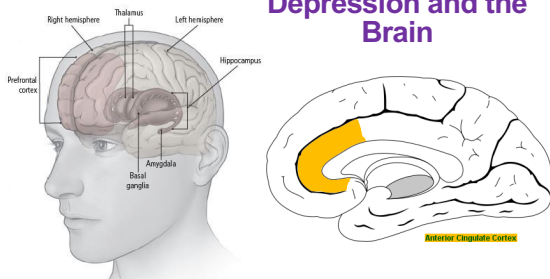
---

---

---

7

### Depression and the Brain



---

---

---

---

---

---

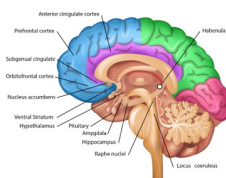
---

---

8

### Understanding the Fundamental Physiology of Fear [Anxiety]

- The emotion for which the neuronal networks have been best expressed is fear.
- Amygdala is a major contributor to anxiety developed
- Different areas of the amygdala are activated in response to natural stimuli versus a conditioned stimulus



---

---

---

---

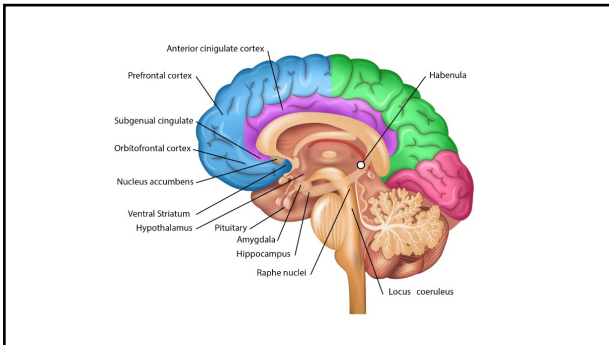
---

---

---

---

9



10

---

---

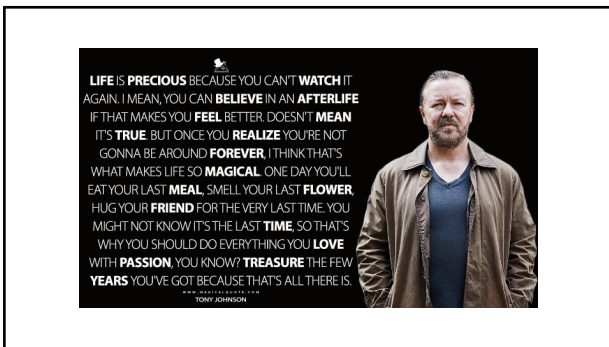
---

---

---

---

---



11

---

---

---

---

---

---

---