



Health
South Eastern Sydney
Local Health District

Eastern Suburbs Mental Health Services

Ageing with Purpose

Understanding & managing my mood
by Associate Professor Chanaka Wijeratne



Understanding & managing my mood

Chanaka Wijeratne

This talk is about

- **Moods**
- **How to recognise depression**
- **Preventing and managing depression**

Aged Care Psychiatry Service, Eastern Suburbs Mental Health Service
South Eastern Sydney Local Health District



AGEING WITH PURPOSE

Wednesday, 31 October 2018

10am – 1pm at The Juniors, 558A Anzac Parade, Kingsford



Opening Address — Michael Still
Chairman, SESLHD Board

Guest Speaker — Ita Buttrose AO OBE
Journalist, Businesswoman, Television personality and Author

Ageing with Purpose — a panel discussion led by Ita Buttrose AO OBE

On the panel, exemplars of positive ageing:

Diana "Bubbles" Fisher OAM
TV Personality, Australia Day Ambassador 2010

Robina Beard OAM
Dancer, Actor, 'Madge the Manicurist'

Bill Bishop

**FREE
FORUM**













How much does mood change?

- Day to day fluctuations
- Everyone is born with a certain 'set point'
- Average mood stays the same, even as you age



When does a low mood become depression?

- It occurs most days, for weeks
- It does not improve, even after doing what usually helps you feel better
- There are other mental and physical symptoms

Clinical depression

- **Change in mood**
- **Lack of enjoyment**
- **Worrying excessively**
- **Feeling bad about yourself, the past and future**
- **Changes in sleep, appetite, energy**

Prevention is better than cure

Physical health and mood

- **Physical illness & depression go together**
- **Physical illness causes worry and disability**
- **Importance of regular checks with your GP**

Food and mood

- **If you eat better, you tend to have less depression**
- **You have to eat plenty of nutritious food, even if you don't eat much junk food**
- **And if you eat junk food, eating healthily at other times won't help**

The good Mediterranean Diet



The bad Western Diet



Mood and alcohol



Exercise and mood

- **Exercise helps mood and can prevent depression**
- **It doesn't have to be intense**
- **At least one hour per week helps**



How to start exercising

- **Exercise with someone else**
- **Join a group fitness program**
- **Choose something you like and feel good doing**



Sleep and mood

- **Sleep deprivation worsens mood**
- **We still need 7-8 hours as we get older**
- **It's harder to fall asleep and stay asleep as we age**

Sleep and your doctor

- Do not ask for a sleeping pill
- Do ask if you have a sleep disorder (like sleep apnoea)
- Do ask if you have anxiety or depression

SLEEPING WELL:

The Most Important Things You Can Do To Promote Good Sleep



GET REGULAR SUNLIGHT

Spend some time in the sun early in the day and work near a window to support your internal clock.



EAT HEALTHY

Eat a balanced diet with a variety of whole foods and plenty of pure water throughout the day.



KEEP A REGULAR SLEEP SCHEDULE

Consistency is helpful for regulating circadian rhythms and staying well-rested.



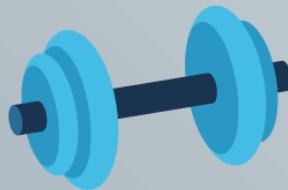
MODERATE ALCOHOL USE

Make last call at least 3 hours before bed as alcohol affects both REM and slow wave sleep.



TIME CAFFEINE RIGHT

Caffeine lasts up to 12 hours in your body, meaning consuming it after lunchtime could affect sleep.



GET EXERCISE

Regular moderate exercise helps boost energy and supports more restful sleep.



SET YOUR BEDROOM FOR SUCCESS

Use a supportive and comfortable mattress, keep rooms cool and dark, and give electronics the boot.

Social connectedness and mood

- **Social networks may shrink as we age**
- **Groups provide a sense of belonging, mutual trust and common purpose**
- **Friends and family can lend an ear**



If none of that has worked

- **See your GP - depression is a real illness**
- **Consider seeing a counsellor or clinical psychologist**
- **Consider antidepressant medication**

To maintain my mood, I need to care for my

- **Physical health**
- **Diet**
- **Sleep**
- **Social contacts**
- **Exercise**
- **Drink responsibly**



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