

Mental Health and Alopecia Areata

It's More Than Just Hair



So What Are the Statistics?

A study published in 2022 found that:

-adults with AA had a 30 to 38% higher risk of being diagnosed with depression or anxiety

-Time off work and unemployment are more common in people with alopecia areata than in matched controls

Alopecia areata is associated with increased prescribing of antidepressants in people with mental health conditions

Less than 10% of patient with AA were referred for nonpharmacological management

Depression-Symptoms

- Feelings of sadness and hopelessness
- Loss of interest or pleasure in activities
- Loss of weight or weight gain
- Difficulties sleeping or excessive sleepiness
- Noticeable restlessness or slowness
- Lack of energy
- Troubles concentrating and indecisiveness
- Feeling of worthless and excessive guilt
- thoughts of wanting to die



Depression and AA

- altered body image
- the lack of effective long-term treatments
- the high rate of relapse
- for many people, their hair forms an important part of their identity and is intrinsically linked with self-image, self-esteem and social perceptions
- Alone, withdrawn, isolated
- Loss, grief
- Fear that others may find out that they have no hair or are wearing a wig
- Embarrassment, anger, shame
- That they are to blame for their disease
- Guilty that their condition is affecting loved ones
- That they must find an answer or cure
- Victim of bullying



Depression-the diagnosis

Sleep disturbance
Interest (diminished)
Guilt
Energy loss
Concentration difficulties
Appetite or weight changes
Psychomotor activity
Suicidal ideation



**SIG E CAPS: Recalling symptoms
of major depressive disorder**



TREATMENT FOR DEPRESSION

MEDICATION

Antidepressant medication helps alleviate the negative impact of stress and improves mood



PSYCHOTHERAPY

The psychological treatment where the person in distress is helped through talking with a trained and experienced therapist



SUPPORT FROM FAMILY AND FRIENDS

- Learn about their condition
- Listen without judgement
- Do not belittle or minimise their struggles



SELF-EMPOWERMENT

- Ensuring sufficient rest, proper nutrition, and physical activity
- Set realistic expectations
- Reframe your beliefs
- Set boundaries
- Make social connections



SIGNS &
SYMPTOMS OF
**GENERALISED
ANXIETY
DISORDER**



Feeling keyed
up or on edge



Repeated
negative
thoughts



Muscle tension
and weakness,
heart palpitations
and/or difficulty
breathing

A sense of
helplessness



Feeling
apprehensive,
confused and/or
worried



PTSD, Trauma and AA

- Loss of hair or fear of losing hair again
- People blaming you, invalidating, continue trialing different treatments for years, past the patients desire
- Medical treatment, testing
- Bullying
- Focus on the disease and not the person
- Poor support from family and/or friends



SIGNS &
SYMPTOMS OF
**POST-
TRAUMATIC
STRESS
DISORDER**



Recurring,
intrusive
thoughts



Hypervigilance -
anxiety, irritability,
quick to anger, etc



Avoidance of
anything associated
with the traumatic
event



A sense of a
foreshortened
future



A sense of
numbness and
emotional
distancing from
others



And There is Hope



Self-care

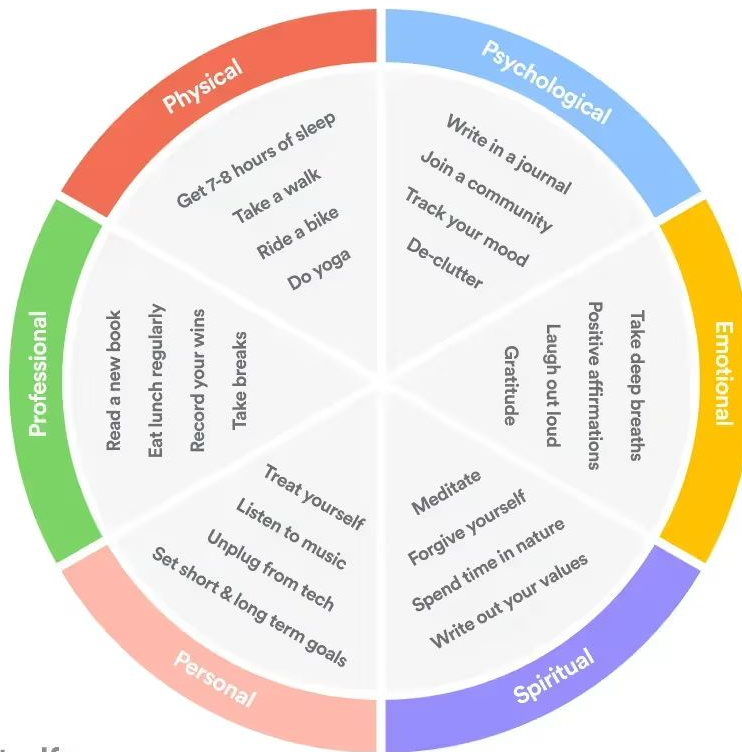
‘The practise of taking action to preserve or improve one’s health’

- Setting boundaries and moving past guilt
- Treating ourselves with compassion
- Brings you closer to yourself
- Assertion of power



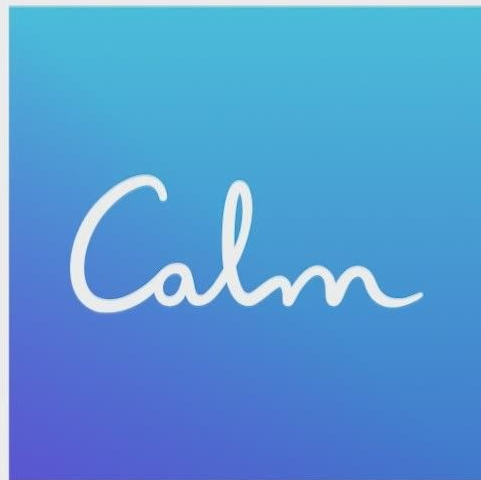
6 Areas of Self-Care

Self-care is time that you dedicate to you; with the intention of boosting and nourishing your mental, emotional, and physical health.



@bestselfco





1)RESOURCES TO JUST BE, CANAAF NATIONAL SUPPORT GROUP:

Register in advance for this recurring meeting:

<https://us02web.zoom.us/meeting/register/tZUtfuiqrjMoEtxmDraupRT19gEnmlALAjun>

Meeting ID 810 9120 8288

Everyone is welcomed to join us every other month / bi-monthly; Third Thursdays, 2024 (*Feb / Apr / June / Aug / Oct / Dec) @7:30-9:00 PM Eastern Time (US and Canada)

Join this group to discuss and explore supportive resources, including those inspired by mindfulness, yoga, and iRest® Meditation, that support our goals, challenges, successes, and experiences with Alopecia.

2)FREE YOGA & MEDITATION PRACTICES

<https://vivayalive.com/recordings>

Practice with the most inspiring yogis, healers, and coaches and experience deep transformation, growth, and joy.

3)FREE iREST® MEDITATION LIBRARY / LIVE SESSION ACCESS

<https://shop.irest.org/pages/meditation-and-conversation> (*LIBRARY)

<https://irest.activehosted.com/f/1> (*LIVE SESSION ACCESS)

Senior iRest® Trainer, Stephanie Lopez (who is also a Gestalt psychotherapist and yoga therapist) hosts a live online Meditation and Conversation gathering every month. The purpose of these sessions is to offer free support, resources, and access to community gatherings to as many people as possible.

-e.g. Meditation and Conversation with Stephanie Lopez, Improve Wellbeing: Meeting Stress and Anxiety with Compassionate Presence

<https://vimeo.com/761994345>

4)iREST® RESEARCH

<https://shop.irest.org/blogs/research>

<https://shop.irest.org/>