



Dealing with Anxiety and Depression

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Understanding anxiety

- ❖ Brief feelings of anxiety and are common and natural responses to stress.



Key Term

anxiety

The condition of feeling uneasy or worried about what may happen

TYPES OF ANXIETY DISORDERS

- ❖ **Generalized Anxiety Disorder** - Most people experience anxiety at some point in their lives and some nervousness in anticipation of a real situation
 - ❖ Chronic, Exaggerated worry
 - ❖ Tension
 - ❖ Irritability that does not have a cause
 - ❖ Restlessness, trouble falling asleep or staying asleep
 - ❖ Headaches, trembling, twitching muscle tension

TYPES OF ANXIETY DISORDERS

- ❖ **Panic Disorder** - heart-pounding terror that strikes suddenly and without warning.
 - ❖ Pounding heart, chest pains, lightheadedness or dizziness
 - ❖ nausea, shortness of breath, shaking or trembling
 - ❖ choking, fear of dying, sweating
 - ❖ feelings of unreality, numbness or tingling
 - ❖ hot flashes or chills
 - ❖ feeling of going out of control or going crazy

TYPES OF ANXIETY DISORDERS

- ❖ **Phobias** - irrational fears that lead people to altogether avoid specific things or situations that trigger intense anxiety.
 - ❖ Many of the physical symptoms that accompany panic attacks - such as sweating, racing heart, and trembling - also occur with phobias.

Understanding Depression

- ❖ Depression can linger or be severe enough to disrupt daily activities
- ❖ Depression is a serious condition that IS treatable

Understanding Depression

- ❖ Depression is the most common mental health concern among teens



Key Term

Depression

A prolonged feeling of helplessness, hopelessness, and sadness

Understanding Depression

❖ Types of depression

Major depression is intense and can last for weeks or months.

Mild depression has less severe symptoms, but can last for years.

Adjustment disorder is a reaction to a specific life event.

Understanding Depression

- ❖ Depression can cause a person to withdraw and suffer alone



Understanding Depression

Warning Signs Of Depression



Persistent sad or irritable mood



Loss of interest in activities once enjoyed



Significant change in appetite or body weight



Difficulty sleeping or oversleeping



Physical signs of nervousness



Loss of energy



Feelings of worthlessness or inappropriate guilt



Difficulty concentrating



Recurrent thoughts of death or suicide

Causes and Effects of Depression

Depression can be caused by

physical reasons,
such as a medical
condition.

psychological
reasons, such as
surviving a
traumatic event.

social reasons, such as
living in poverty or in
a harmful
environment.

Causes and Effects of Depression

❖ Other Symptoms of depression

Changes in Thinking

They may have self-destructive thoughts and trouble concentrating and making decisions.

Changes in Feelings

They may be apathetic, sad, irritable, or angry.

Changes in Behavior

They may become emotional, change their eating, sleeping, or hygiene habits, and withdraw from social situations.

Causes and Effects of Depression


- ❖ Why being depressed puts teens at risk
 - ❖ School performance drops
 - ❖ Social Isolation may occur
 - ❖ Drug addiction
 - ❖ Other addictions
 - ❖ Physical illness
 - ❖ Mental disorders
 - ❖ Suicide attempts

Getting Help for Depression

- ❖ Depression is a treatable illness
- ❖ If you recognize signs of depression in yourself or a friend, discuss your concerns with a trusted adult.
- ❖ Health professionals can develop a depression-treatment plan that may include:



taking medication



**making changes in the
home or school
environment**



counseling

Getting Help

- ❖ How can I help myself get better
 - ❖ Engage in mild activity or exercise.
 - ❖ Go to a movie, a ballgame, or another event or activity that you once enjoyed.
 - ❖ Participate in religious, social or other activities.
 - ❖ Set realistic goals for yourself.
 - ❖ Try to spend time with other people and confide in a trusted friend or relative.
 - ❖ Try not to isolate yourself, and let others help you.
 - ❖ Expect your mood to improve gradually, not immediately.
 - ❖ Do not expect to suddenly "snap out of" your depression.
 - ❖ Remember that positive thinking will replace negative thoughts as your depression responds to treatment.