

ANXIETY & DEPRESSION

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DO YOU HAVE ANXIETY?

- ✓ **ARE YOU CONSTANTLY TENSE, WORRIED, OR ON EDGE?**
- ✓ **DOES YOUR ANXIETY INTERFERE WITH YOUR WORK, SCHOOL, OR FAMILY RESPONSIBILITIES?**
- ✓ **ARE YOU PLAGUED BY FEARS THAT YOU KNOW ARE IRRATIONAL, BUT CAN'T SHAKE?**
- ✓ **DO YOU BELIEVE THAT SOMETHING BAD WILL HAPPEN IF CERTAIN THINGS AREN'T DONE A CERTAIN WAY?**
- ✓ **DO YOU AVOID EVERYDAY SITUATIONS OR ACTIVITIES BECAUSE THEY CAUSE YOU ANXIETY?**
- ✓ **DO YOU EXPERIENCE SUDDEN, UNEXPECTED ATTACKS OF HEART-POUNGING PANIC?**
- ✓ **DO YOU FEEL LIKE DANGER AND CATASTROPHE ARE AROUND EVERY CORNER?**



EMOTIONAL – PHYSICAL SYMPTOMS

- **FEELINGS OF APPREHENSION OR DREAD**
- **TROUBLE CONCENTRATING**
- **FEELING TENSE AND JUMPY**
- **ANTICIPATING THE WORST**
- **IRRITABILITY**
- **RESTLESSNESS**
- **WATCHING FOR SIGNS OF DANGER**
- **FEELING LIKE YOUR MIND'S GONE BLANK**
- **POUNGING HEART**
- **SWEATING**
- **STOMACH UPSET OR DIZZINESS**
- **FREQUENT URINATION OR DIARRHEA**
- **SHORTNESS OF BREATH**
- **TREMORS AND TWITCHES**
- **MUSCLE TENSION & HEADACHES**
- **FATIGUE & INSOMNIA**

HEALTHY LIFESTYLE CHANGES

- PRACTICE RELAXATION**
- EXERCISE REGULARLY**
- GET ENOUGH SLEEP**
- BE SMART ABOUT CAFFEINE AND ALCOHOL**
- TRAIN YOUR BRAIN TO STAY CALM**

BUILD EMOTIONAL SKILLS – SEEK HELP

- ✓ **MANY PEOPLE LACK THE SKILLS NEEDED TO MANAGE STRESS AND BALANCE EMOTIONS.**
- ✓ **BUILDING EMOTIONAL SKILLS CAN GIVE YOU THE ABILITY TO COPE AND BOUNCE BACK FROM ADVERSITY, TRAUMA, AND LOSS.**
- ✓ **IN OTHER WORDS, LEARNING HOW TO RECOGNIZE AND EXPRESS YOUR EMOTIONS CAN MAKE YOU MORE RESILIENT.**

- ✓ **IF SUPPORT FROM FAMILY AND FRIENDS, POSITIVE LIFESTYLE CHANGES, AND EMOTIONAL SKILLS BUILDING AREN'T ENOUGH, SEEK HELP FROM A MENTAL HEALTH PROFESSIONAL.**
- ✓ **THERE ARE MANY EFFECTIVE TREATMENTS FOR DEPRESSION, INCLUDING THERAPY, MEDICATION, AND ALTERNATIVE TREATMENTS.**

ARE YOU DEPRESSED?

- ✓ **YOU FEEL HOPELESS AND HELPLESS**
- ✓ **YOU'VE LOST INTEREST IN FRIENDS, ACTIVITIES, AND THINGS YOU USED TO ENJOY**
- ✓ **YOU FEEL TIRED ALL THE TIME**
- ✓ **YOUR SLEEP AND APPETITE HAS CHANGED**
- ✓ **YOU CAN'T CONCENTRATE OR FIND THAT PREVIOUSLY EASY TASKS ARE NOW DIFFICULT**
- ✓ **YOU CAN'T CONTROL YOUR NEGATIVE THOUGHTS, NO MATTER HOW MUCH YOU TRY**
- ✓ **YOU ARE MUCH MORE IRRITABLE, SHORT-TEMPERED, OR AGGRESSIVE THAN USUAL**
- ✓ **YOU'RE CONSUMING MORE ALCOHOL THAN NORMAL OR ENGAGING IN OTHER RECKLESS BEHAVIOR**



LOSS OF ENERGY

SELF LOATHING

**RECKLESS
BEHAVIOR**

**CONCENTRATION
PROBLEMS**

PHYSICAL PAIN

SIGNS AND SYMPTOMS OF DEPRESSION

**Helplessness
and
hopelessness**

**Loss of
interest**

**Appetite or
weight
changes**

Sleep changes

**Anger or
irritability**

SIGNS AND SYMPTOMS OF DEPRESSION

DEPRESSION & SUICIDE RISK



DEPRESSION IS A MAJOR RISK FACTOR FOR SUICIDE. THE DEEP DESPAIR AND HOPELESSNESS THAT GOES ALONG WITH DEPRESSION CAN MAKE SUICIDE FEEL LIKE THE ONLY WAY TO ESCAPE THE PAIN. IF YOU HAVE A LOVED ONE WITH DEPRESSION, TAKE ANY SUICIDAL TALK OR BEHAVIOR SERIOUSLY AND LEARN TO RECOGNIZE THE WARNING SIGNS.

**• SUICIDE HELP: CALL 1-800-273-TALK --- CALL 211 ---
SUICIDE.ORG --- TEXT "CTL" TO 741741**

WARNING SIGNS OF SUICIDE

- ✓ **TALKING ABOUT KILLING OR HARMING ONE'S SELF**
- ✓ **EXPRESSING STRONG FEELINGS OF HOPELESSNESS OR BEING TRAPPED**
- ✓ **AN UNUSUAL PREOCCUPATION WITH DEATH OR DYING**
- ✓ **ACTING RECKLESSLY, AS IF THEY HAVE A DEATH WISH (E.G. SPEEDING THROUGH RED LIGHTS)**
- ✓ **CALLING OR VISITING PEOPLE TO SAY GOODBYE**
- ✓ **GETTING AFFAIRS IN ORDER (GIVING AWAY PRIZED POSSESSIONS, TYING UP LOOSE ENDS)**
- ✓ **SAYING THINGS LIKE "EVERYONE WOULD BE BETTER OFF WITHOUT ME" OR "I WANT OUT"**
- ✓ **A SUDDEN SWITCH FROM BEING EXTREMELY DEPRESSED TO ACTING CALM AND HAPPY**

**LONELINESS AND
LACK OF SOCIAL
SUPPORT**

**STRESS &
RELATIONSHIP
ISSUES**

FAMILY HISTORY

**ALCOHOL OR
DRUGS**

**CHILDHOOD
TRAUMA &
ABUSE**

**HEALTH
PRBLEMS**

CAUSES AND RISK FACTORS OF SUICIDE

MAKE HEALTHY LIFESTYLE CHANGES

**LIFESTYLE CHANGES ARE NOT ALWAYS EASY TO MAKE, BUT THEY CAN HAVE A BIG IMPACT ON DEPRESSION.
LIFESTYLE CHANGES THAT CAN BE VERY EFFECTIVE INCLUDE:**

- **CULTIVATING SUPPORTIVE RELATIONSHIPS**
- **GETTING REGULAR EXERCISE AND SLEEP**
- **EATING HEALTHFULLY TO NATURALLY BOOST MOOD**
- **MANAGING STRESS**
- **PRACTICING RELAXATION TECHNIQUES**
- **CHALLENGING NEGATIVE THOUGHT PATTERNS**

SELF CARE

REST WHEN YOU'RE TIRED. TAKE A DRINK OF COLD WATER WHEN YOU'RE THIRSTY. CALL A FRIEND WHEN YOU'RE LONELY. ASK GOD TO HELP WHEN YOU FEEL OVERWHELMED. MANY OF US HAVE LEARNED HOW TO DEPRIVE AND NEGLECT OURSELVES. MANY OF US HAVE LEARNED TO PUSH OURSELVES HARD, WHEN THE PROBLEM IS THAT WE'RE ALREADY PUSHED TOO HARD. MANY OF US ARE AFRAID THE WORK WON'T GET DONE IF WE REST WHEN WE'RE TIRED. THE WORK WILL GET DONE; IT WILL BE DONE BETTER THAN WORK THAT EMERGES FROM TIREDNESS OF SOUL AND SPIRIT. NURTURED, NOURISHED PEOPLE, WHO LOVE THEMSELVES AND CARE FOR THEMSELVES, ARE THE DELIGHT OF THE UNIVERSE. THEY ARE WELL-TIMED, EFFICIENT, AND DIVINELY LED.

TODAY, I WILL PRACTICE LOVING SELF-CARE.