

MANAGING ANXIETY

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*Locked within the walls of my own mind
unable to escape*

*reaching out for help that is not there
my demons are inside*

*No one can save me from myself
So tired of flailing and struggling to no
avail*

*exhausted, worn down
every fiber of my being screaming*


LET ME OUT!





WHY DO WE FEEL ANXIOUS

- Anxiety can be normal and healthy
 - Anxiety can be a response to stress
 - Good and Bad Stress
 - What Causes Stress?

 - Life changes
- 



ANXIETY & DEPRESSION

- About half of people diagnosed with depression suffer with significant anxiety
- People who are depressed often feel anxious
- People who have some anxiety disorders are prone to depression





SIGNS AND SYMPTOMS OF DEPRESSION

Affective

- Feelings of sadness, dejection, hopelessness, worthlessness, and low self-esteem
- Irritability
- Feelings of anxiety








SIGNS AND SYMPTOMS OF DEPRESSION

Cognitive

- General thoughts of futility, emptiness, and hopelessness
 - Self-denigration, beliefs that one is incompetent
 - Extreme pessimism about the present and future
 - Difficulty concentrating
 - Rumination
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SIGNS AND SYMPTOMS OF DEPRESSION





SIGNS AND SYMPTOMS OF DEPRESSION

Somatic

- Appetite and weight changes
- Sleep disturbance
- General aches and pain
- Panic attacks



SIGNS AND SYMPTOMS OF DEPRESSION

Behavioral

- Fatigue, social withdrawal, and reduced work productivity
- Lack of daily self-care
- Slow speech and short responses
- May seem agitated and restless







MANAGING ANXIETY

- Therapy
 - Cognitive-behavioral
 - Interpersonal
- Medication
- Exercise
- Focus on good health
- Relaxation Techniques
- Stress Management



HOW TO HELP SOMEONE STRUGGLING WITH ANXIETY

- Know the symptoms of anxiety
- Recommend evaluation/treatment by a mental health professional
- Ask how you can be supportive
- Avoid making comparisons
- Pay attention to your own feelings and needs
- Be patient



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BOOKS & OTHER RESOURCES

BOOKS

- The Anxiety and Phobia Workbook – Edmund Bourne
- An Unquiet Mind – Kay Redfield Jameson (bipolar disorder)
- Active Treatment of Depression – Richard O'Connor
- Feeling Good Handbook – David Burns



WEBSITES

- Anxiety and Depression Association of America:
www.adaa.org/understanding-anxiety/depression
- Bringchange2mind.org
- National Institutes of Mental Health
www.nimh.nih.gov/health/topics/index.shtml
- University of Minnesota – Taking Charge of Your Health & Wellbeing:
www.takingcharge.csh.umn.edu/conditions/anxiety-depression

