Anxiety and Depression

What is Anxiety?
Anxiety is a feeling of nervousness, fear, apprehension, and/or worrying that affects how we feel, behave, and act. Symptoms can manifest into real physical symptoms and can have a serious impact on your life.

http://www.medicalnewstoday.com/info/anxiety/

Signs of Depression
- Persistent sad or “empty” feelings
- Having feelings of hopelessness, guilt, and/or helplessness
- Irritability, restlessness
- Loss of interest in activities you once enjoyed
- Fatigue
- Overeating or loss of appetite
- Insomnia or excessive sleeping
- Thoughts of suicide
- Aches or pains, headaches, or digestive problems that do not go away, even with treatment
- Sadness most of the time for what seems like no reason
- Withdrawal from family and friends
- Inability to concentrate


What is Depression?
Depression is an illness that involves the body, mood, and thoughts. It affects a person’s everyday life and the way they view the world around them. Depression is not simply a passing blue mood nor is it a sign of weakness. In fact, 16% of Americans will experience some form of depression in their lifetime.


Anxiety comes in many forms - here is a brief overview of some of them:
- **Panic Disorder** - unexpected panic attacks and the fear of having additional attacks without knowledge of why they occur
- **Panic Disorder with Agoraphobia** - similar characteristics of panic disorder but combined with a fear of having panic attacks in public
- **Generalized Anxiety Disorder** - excessive worries about more than one circumstance, being worried or bothered all of the time
- **Social Anxiety Disorder/Social Phobia** - the constant fear of being criticized or evaluated by other people
- **Post-Traumatic Stress Disorder (PTSD)** - someone who has been through a traumatic life experience and may suffer anxiety over it.

For more info. check out www.anxietynetwork.com or www.adaa.org

Did you know...
Anxiety disorders are the most common mental health care problems in the world today.

FACT: Both men and women suffer from depression and anxiety

“Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.” - Charles Spurgeon

How to help a depressed friend:
- Do not try to “cheer up” the individual
- Do not criticize or shame, being depressed is not the person’s fault
- Do not sympathize and claim that you feel the same way
- Try not to get angry with them
- Encourage them to seek professional help

www.twu.edu/o-sl/counseling

Check it out!
Depression Screening Day
Thursday, September 13, 2012
9:00 a.m. - 3:00 p.m.
University Counseling Center - Memorial Hall

“Nothing can dim the light which shines from within.”
- Maya Angelou

Relax
Relaxation can help to calm symptoms of anxiety. Try any or all of the following:
- Take a walk
- Practice slow, relaxed deep breathing
- Listen to soothing music
- Take a few minutes to yourself
- Have a good laugh with friends

For more tips on relaxation visit www.allaboutdepression.com/relax

Need to Talk?
University Counseling Center
(309)298.2453
Hotline (309)298.3211

Stall Talk is brought to you by Beu Health Center Graduate Assistant **Liz Andrews** and **Students T.A.L.K. Peer Educators**. For more information, call 298-3225. For more health info, visit beu.wiu.edu. For adaptive format, see Disability Resource Center.

“Happiness is not something you postpone for the future; it is something you design for the present.” - Jim Rohn

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