

Depression:

People may experience:

Mood: anxiety, apathy, general discontent, guilt, hopelessness, loss of interest, loss of interest or pleasure in activities, mood swings, or sadness

Behavioral: agitation, excessive crying, irritability, restlessness, or social isolation

Sleep: early awakening, excess sleepiness, insomnia, or restless sleep

Whole body: excessive hunger, fatigue, or loss of appetite

Cognitive: lack of concentration, slowness in activity, repeatedly going over thoughts, or thoughts of suicide

Weight: weight gain or weight loss

10 common symptoms of depression:

1. Feelings of helplessness and hopelessness. A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
2. Loss of interest in daily activities. You don't care anymore about former hobbies, pastimes, or social activities. You've lost your ability to feel joy and pleasure.
3. Appetite or weight changes. Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
4. Sleep changes. Either insomnia, especially waking in the early hours of the morning, or oversleeping.
5. Anger or irritability. Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
6. Loss of energy. Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
7. Self-loathing. Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.

8. Reckless behavior. You engage in escapist behavior such as substance abuse, compulsive gambling, promiscuous behaviors, reckless driving, or dangerous sports.

9. Concentration problems. Trouble focusing, making decisions, or remembering things.

10. Unexplained aches and pains. An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

* Depression may also be impacted by season of the year, their depression may seem cyclic

Risk factors that make you more vulnerable to depression include:

- 1 Loneliness and isolation
- 2 Lack of social support
- 3 Recent stressful life experiences
- 4 Family history of depression
- 5 Marital or relationship problems
- 6 Financial strain
- 7 Early childhood trauma or abuse
- 8 Alcohol or drug abuse
- 9 Unemployment or underemployment
- 10 Health problems or chronic pain

Warning signs for suicidal ideation:

- 1 Talking about killing or harming one's self
- 2 Expressing strong feelings of hopelessness or being trapped
- 3 An unusual preoccupation with death or dying
- 4 Acting recklessly, as if they have a death wish (e.g. speeding through red lights)
- 5 Calling or visiting people to say goodbye
- 6 Getting affairs in order (giving away prized possessions, tying up loose ends)
- 7 Saying things like "Everyone would be better off without me" or "I want out"
- 8 A sudden switch from being extremely depressed to acting calm and happy

* Don't be afraid to ask!

*** Suicide Helpline:**

Crisis: 1-717-264-2555

1-800-suicide, (1-800-784-2433)

1-800-273-talk, (1-800-273-8255)

Just need someone to talk? Help Line: 1-717-264-2916

Ways to help:

- Connect, reach out, offer support, be a good listener, don't judge
- Encourage exercise, activity, involvement, volunteering (engage in things that help them get out of focusing on themselves)
- Encourage healthy eating and habits (refraining from alcohol - it is a depressant)
- Encourage them to seek professional help from doctor, therapist

Anxiety:

People may experience:

Behavioral: hypervigilance, irritability, or restlessness

Cognitive: lack of concentration, racing thoughts, or unwanted thoughts

Whole body: fatigue, sweating, shaky, multiple physical symptoms/illness

Also common: excessive worry, fear, feeling of impending doom, insomnia, nausea, palpitations, or trembling

10 common symptoms of anxiety:

1. Excessive Worrying
2. Feeling Agitated
3. Restlessness/Feeling on Edge
4. Fatigue
5. Difficulty Concentrating
6. Irritability
7. Trouble Falling or Staying Asleep
8. Having Panic Attacks
9. Avoiding Social Situations
10. Irrational Fears

* Anxiety can look very different person to person

Risk factors that make you more vulnerable to anxiety include:

1. Trauma, people who endured abuse or trauma or witnessed traumatic events are at higher risk of developing an anxiety disorder at some point in life
2. Stress, general and stress due to an illness
3. Stress buildup
4. Personality
5. Other mental health disorders
6. Having blood relatives with an anxiety disorder
7. Drugs or alcohol.

Ways to help:

- Listen non judgmentally and show that you care, reach out and check on them
- Give reassurance: Maintain positive language – don't blame them for their illness or symptoms.
- Encourage appropriate professional help

- Encourage self-help and other support strategies: Relaxation training, Breathing techniques, Meditation/Prayer, Healthy diet, Exercise