

# Facing Anxiety and Depression

Everyone experiences depression or anxiety at one point or another. But if you find yourself in a constant state of worry or depressed on a regular basis, you may be suffering from an anxiety disorder, depression, or both.

It is not uncommon for someone with an anxiety disorder to also suffer from depression or vice versa, according to the Anxiety and Depression Association of America. Nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder.

## Generalized Anxiety Disorder

Generalized anxiety disorder (GAD) is marked by chronic, exaggerated worries provoked by no apparent cause or illness. Those suffering from GAD often expect the worst to happen, such as a deadly crash, a family disaster, a sudden sickness or financial ruin, even when these fears are irrational. The constant worries and sense of dread those with GAD experience often limit their ability to experience life to the fullest. The unresolved anxiety also can trigger a variety of health problems and symptoms, including:

- Nervousness
- Trembling
- Twitching
- Sweating
- Irritability
- Difficulty concentrating
- Shortness of breath
- Muscle tension
- Lightheadedness
- Indigestion and abdominal pain

Besides depression, other disorders, including panic attacks, may occur with GAD.

## Depression

Depression is more than feeling sad or having a bad day. People with depression usually experience much more intense symptoms, such as:

- Overwhelming, unrelenting sadness
- Irritability and frustration
- Changes in sleep patterns
- Eating more or less than usual
- Difficulty concentrating
- Exhaustion for no reason
- Feeling worthless; having no confidence
- Thoughts of dying or hurting oneself

If you have five or more of these symptoms, or if these symptoms last two weeks or more, you may be suffering from depression.

## Getting Help

The good news is that both GAD and depression are treatable, separately and together. Consider seeing a primary care physician or a qualified mental health professional if your symptoms are preventing you from performing everyday activities and enjoying life.

Contact us anytime for confidential assistance.