



NEW ME. KNOW ME. CALM ME.

Education and Encouragement for a Healthier, Happier Life.

Depression & Anxiety - The Top 2 Impacts of Chronic Stress

With over 322 million people living with depression and 264 million with anxiety, knowing the signs and symptoms could save your life or a life of a loved one. The added stress during the holidays can heighten the feelings of loneliness, sadness, panic, and phobias. These are two of the most serious illnesses that should not go undiagnosed or treated. It is always recommended to contact your doctor immediately if the symptoms continue and they become unmanageable or unbearable.

Know the Facts

- Experiencing occasional anxiety is normal.
- Anxiety disorders are real, serious medical conditions that include extreme fear or worry.
- Depression is a serious condition that includes feelings of discouragement, sadness, hopelessness, lack of motivation and being disinterested in life activities.
- More than 1/2 of those diagnosed with depression, are also suffering from anxiety.
- Women are more likely to develop depression than men.
- The symptoms manifest differently in adults, teenagers and children.
- There is NO cookie-cutter treatment as each individual is different.

Know the Differences

Anxiety and depression have a few distinct differences that are often referred to as "mental markers" or psychological features. Nevertheless, these symptoms are exhausting both mentally and physically causing severe impacts on a person's overall well being and health.

Depression

- Hopelessness about the future.
- A general lack of positive thinking and always perceiving the worst is yet to come.
- Feelings of worthlessness.
- Feelings that life is not worth living or that they are a burden to others.
- A dramatic loss or increase in appetite.
- A lack of energy not linked to other illness.
- A noticeable slowness in movement and speech.
- Physical aches and pains.
- Severe increase or decrease in sleeping behaviors.
- Difficulty with concentration, focus, and memory.

Anxiety

- A constant worrying about the near-term, immediate, or long-term future.
- Mind racing and uncontrollable thoughts about something going wrong.
- Avoiding situations that may trigger the emotions of panic or phobia.
- A constant fear of death due to a perceived danger, or in anticipation of a dangerous outcome.
- Increased heart rate, blood pressure, sweating & shortness of breath.
- Gastrointestinal issues such as nausea or diarrhea.
- Inability to sleep and trouble with concentrating or staying focused.

Learn More. Know More.

Visit our [website](#) for links to more resources and tools.



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