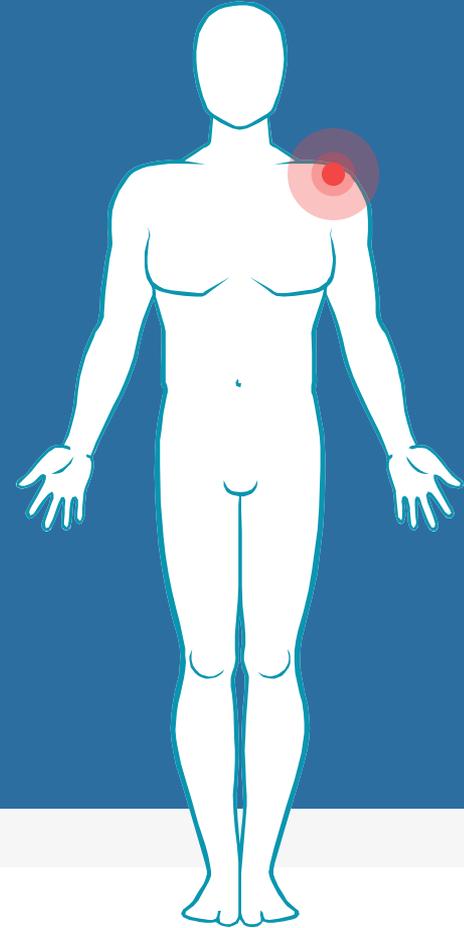


# On-Call

## 103: Digital Toolkit of Health Literacy Resources

Understanding  
Depression & Anxiety



# IN THIS PRESENTATION YOU WILL LEARN

- ▶ What is the difference between depression and anxiety
- ▶ What are symptoms of depression and anxiety
- ▶ What are risk factors of depression and anxiety
- ▶ What you can do to deal with depression and anxiety



# DEPRESSION



Mental health disorder that is characterised by overwhelming feeling of sadness. Depression is connected with decrease of mood and interest. It's features are inactivity and low energy level.

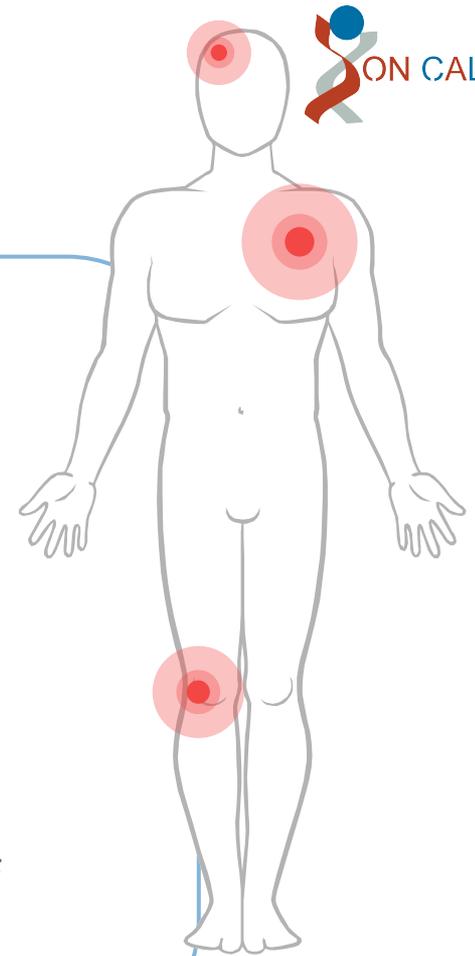
# SYMPTOMS OF DEPRESSION

## Physical Symptoms

- ▶ Decreased energy
- ▶ Difficulties in concentration
- ▶ Sleeping difficulties
- ▶ Changes in appetite
- ▶ Social withdrawal
- ▶ Slowed thinking and behaviour
- ▶ Pain without clear cause

## Emotional Symptoms

- ▶ Feeling hopeless and pessimistic
- ▶ Persistent feeling of sadness, guilt or emptiness
- ▶ Anger, irritability
- ▶ Unwillingness to undertake any form of activity
- ▶ Complete lack of emotions



# ANXIETY



Mental health disorder that can be described as a tendency to have overwhelming worried thoughts about what could happen in the future. Anxiety makes you constantly fear that something wrong is going to happen and you are not able to stop it.

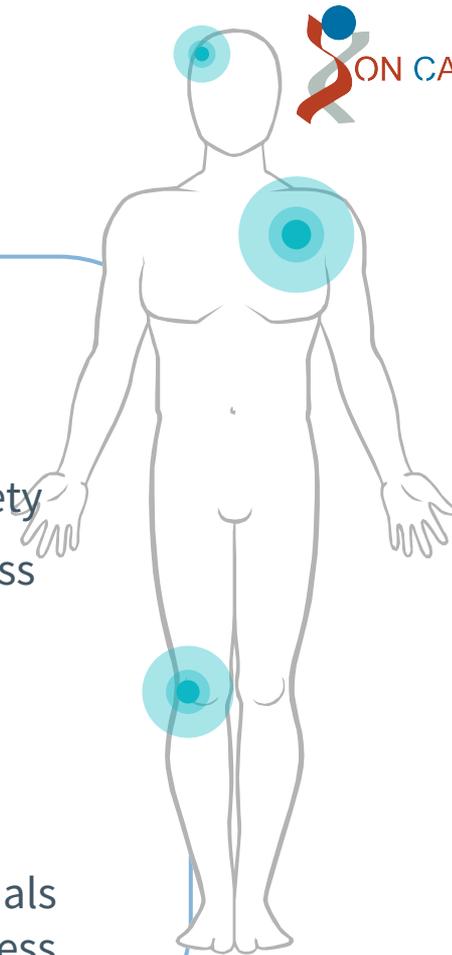
# SYMPTOMS OF ANXIETY

## Physical Symptoms

- ▶ Increased heart rate
- ▶ Pain in the stomach without clear cause
- ▶ Muscle tension
- ▶ Difficulties in concentration
- ▶ Sleeping difficulties
- ▶ Changes in appetite
- ▶ Hot or cold flushes

## Emotional Symptoms

- ▶ Tendency to avoiding things that cause anxiety
- ▶ Feeling nervous, restless and tense
- ▶ Irritability
- ▶ Panic and/or anxiety attacks
- ▶ Performing certain rituals that help to release stress and tension



# WHAT TRIGGERS DEPRESSION AND ANXIETY?

## difficult life experiences

ex. divorce, serious illness,  
loss of loved ones

## environmental factors

ex. poverty, abuse, violence,  
neglect, loneliness

## alcohol and/or drug abuse



## personality traits

ex. low self-esteem and  
confidence, strong self  
criticism, pessimism

## biochemical imbalance

ex. changes in  
neurotransmitter levels

## gens and history of mental diseases in close family

## HOW TO DEAL WITH DEPRESSION & ANXIETY

**Search for help from professionals**, as diagnostic evaluation, interview and examination are essential in order to identify possible causes of the illness and plan a course of actions.



# HOW TO DEAL WITH DEPRESSION & ANXIETY – SELF-CARE



**Practice regular physical activity.** If you struggle with lack of motivation join a group or invite your friends to exercise with you.

# HOW TO DEAL WITH DEPRESSION & ANXIETY – SELF-CARE



**Maintain positive eating habits and regulate your sleeping hours.** It's also beneficial to practice meditation or other relaxation techniques.

## IMPORTANT FACTS

1. Depression and anxiety are separate mental health disorders that often go together
2. Depression and anxiety are fully treatable – it is estimated over 90% of patients finally responds positively to treatment
3. Women are more likely to suffer from depression and anxiety than men
4. Symptoms of depression and anxiety might differ depending on sex and age
5. Untreated depression and anxiety might be life threatening as they impact mental and physical well-being and may even cause suicidal thoughts or attempts



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