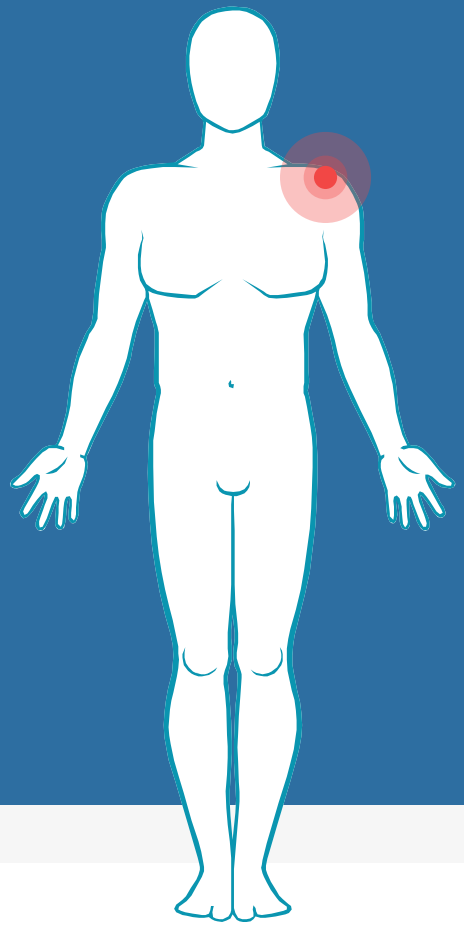
On-Call

IO3: Digital Toolkit of Health Literacy Resources

Understanding Depression & Anxiety



ON CALL

Erasmus+

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.

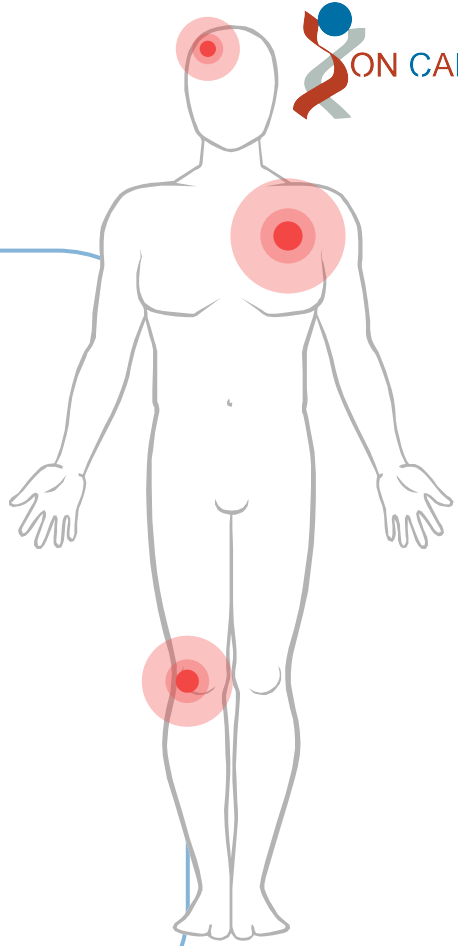
SYMPTOMS OF DEPRESSION

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



ON CALL

Erasmus+

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.

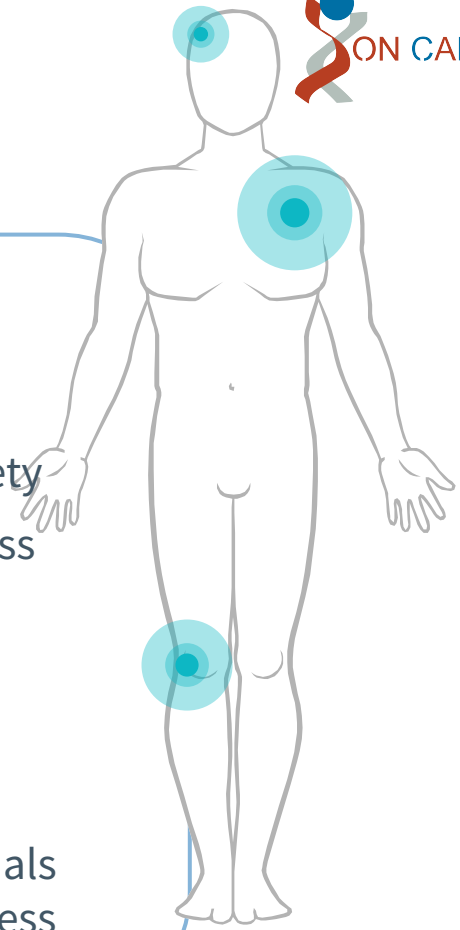
SYMPTOMS OF ANXIETY

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



ON CALL

Erasmus+

WHAT TRIGGERS DERPRESSION 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

This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

2018-1-UK01-KA204-048095