

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.

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
- › Twitching
- › Sweating
- › Irritability
- › Difficulty concentrating
- › Muscle tension
- › Lightheadedness
- › Indigestion and abdominal pain

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.

Additional Information

This information is brought to you by ComPsych®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultantsSM can assist you with your concerns at: **888.275.1205 Option 7** Online: **www.guidanceresources.com**
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