

**Substance Institute  
presents**



**Module 6**

**Stress & Depression  
and Anxiety**

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## **Defining Stress, Depression and Anxiety**

- Depression means the act of depressing / state of being depressed / a depressed / sunken place or part; an area lower than the surrounding surface / sadness / gloom / dejection (lowness of spirit)
- Stress means important attached to a thing / to experience stress or worry
- Anxiety means distress / uneasiness of mind caused by fear of danger / misfortune / earnest but tense desire / eagerness

How do you tell the difference between stress, anxiety, and depression?

Both can affect you in similar ways, but there are key differences. Symptoms of depression can be much more intense.

Stress, Anxiety, and Depression last at least two weeks as recorded by professional consultants, but people allow the stress, anxiety, and depression to become their life and lifestyle.

Stress is good if it motivates you but it's bad if it wears you down. Many factors can contribute to the stress you experience, and this stress can cause changes in your body that affect your overall physical, mental, and emotional health.

Depression is more serious and long-lasting than stress, and requires a different kind of help.

Depression causes powerful mood changes, such as painful, sadness and despair. You may feel exhausted and unable to act.

## **Here are common signs of stress and depression.**

Which fits you best?

### **Common Signs of Stress**

- 1) Trouble sleeping
- 2) Feeling overwhelmed
- 3) Problems with memory
- 4) Problems concentrating
- 5) Change in eating habits
- 6) Feeling nervous or anxious
- 7) Feeling angry, irritable, or easily frustrated
- 8) Feeling burned out from studying or schoolwork
- 9) Feeling that you can't overcome difficulties in your life
- 10) Trouble functioning in class or in your personal life

### **Common Signs of Depression**

- 1) Withdrawing from other people
- 2) Feeling sad and hopeless
- 3) Lack of energy, enthusiasm, and motivation
- 4) Trouble making decisions
- 5) Being restless, agitated, and irritable
- 6) Eating more or less than usual
- 7) Sleeping more or less than usual
- 8) Trouble concentrating
- 9) Trouble with memory
- 10) Feeling bad about yourself or feeling guilty
- 11) Anger and rage
- 12) Feeling that you can't overcome difficulties in your life
- 13) Trouble functioning in your class or in your personal life
- 14) Thoughts of suicide



It's all a part of the process.

### **Get The Stress Out**

Remember to take \_\_\_\_\_ when you feel worried or stuck.

Do something relaxing every day. \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,--anything to \_\_\_\_\_ off the \_\_\_\_\_.

### **Take Care Of Your Body**

A \_\_\_\_\_ body can \_\_\_\_\_ you \_\_\_\_\_ stress.

Get \_\_\_\_\_ to \_\_\_\_\_ hours of sleep, eat \_\_\_\_\_ food, stay \_\_\_\_\_ and \_\_\_\_\_ regularly. Go \_\_\_\_\_ on the caffeine.

Shorting yourself on sleep, and especially pulling an all-nighter, robs you of energy and your ability to concentrate.

A healthy diet improves your ability to learn. Don't skip breakfast.

### **Don't Suffer In Silence**

Get support,

\_\_\_\_\_

A heart-to-heart talk

\_\_\_\_\_

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Remember,  
\_\_\_\_\_ nothing to be ashamed of.

Depression is not a \_\_\_\_\_ of weakness,  
and \_\_\_\_\_ help is a sign of  
\_\_\_\_\_.

Telling someone you are \_\_\_\_\_ is the  
\_\_\_\_\_ step toward \_\_\_\_\_ better.  
You will need the \_\_\_\_\_ of a mental  
\_\_\_\_\_ professional to beat  
\_\_\_\_\_.

\_\_\_\_\_ therapy, \_\_\_\_\_  
medication or a combination can be very  
effective.<sup>1</sup>

**Stress vs. depression vs. anxiety**

While we often assume that all these  
emotional states of mind are the same, there  
are some distinctive differences between  
them.

Anxiety and depression are common  
reactions to life’s challenges or stress.

**Is Anxiety or Depression the Same?**

Feeling anxious or depressed continuously  
for no apparent reason means you may have a  
mental-behavioral disorder.

\_\_\_\_\_ <sup>1</sup> <https://www.mhanational.org/stressed-or-depressed-know-difference#:~:text=Know%20the%20Difference.%20Stress%20is%20good%20if%20%20and%20long-lasting%20than%20stress%20>

Handwriting practice lines consisting of 20 horizontal lines.

Either depression or stress can lead to anxiety disorder and panic attacks. It's not unusual to suffer from both conditions simultaneously.

Both depression and anxiety are serious but treatable illnesses. Medically, both conditions require the same medications to ease the symptoms.

Common symptoms of both conditions are:

- Nervousness and problems concentrating
- Insomnia and irritability
- Problem focusing and concentrating

**Anxiety:**

Those with an anxiety disorder may experience:

- Fear, panic, or anxiety in regular situations
- Constant anxiousness
- Sudden panic or anxiety attacks

**Depression:**

Clinically, depression is the outcome of stress and affects everything in your life. Those who are depressed may experience panic attacks and anxiety disorders.

Some of the common symptoms include:

- Discouragement
- Constant Sadness
- A Feel of Hopelessness
- Anger
- Lack of motivation and interest
- Low energy level

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- Insomnia
- Feeling overwhelmed by daily tasks and personal interactions

If these feelings persist longer than two weeks and interfere with your daily activities, there is a significant chance that you are most likely experiencing depression.

**How are Stress, Depression, and Anxiety Interrelated? (Similarities)**

Nearly half of those experiencing depression also suffer from severe and persistent anxiety.

People with **acute depression**, post-traumatic stress disorder (PTSD), and other mental and behavioral health problems are prone to developing depression.

**Common symptoms include:**

- Excessive worrying
- Tiredness/fatigue
- Pounding and racing heart
- Insomnia
- Headaches
- High blood pressure
- Chest pain
- Heart palpitations
- Sweating and dry mouth

**Anxiety and Depression – Differences:**

While excessive stress is the reason for anxiety and depression, it typically disappears when the relevant stressors disappear.

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Both anxiety and depression are outcomes of chronic stress. However, anxiety is generally considered a high-energy state, whereas depression a low-energy state.

In short, a depressed individual often experiences a lot of anxiety, possibly even to the extent of having mild to severe panic attacks.

**9 reason a person or client(s) will consult you as a Therapist / Coach / Counselor is because of these things:**

1. Loss - Death is an unavoidable part of life, but that doesn't make it any easier to deal with. Everyone handles the loss of a loved one — whether a parent or a pet — differently.
2. Stress and anxiety - Certain facets of life are stressful, and many situations — from a job interview to relationship problems — can cause you to feel anxious.
3. Depression - Overwhelming feelings of helplessness or hopelessness are common signs of depression.
4. Phobias - Being afraid of heights and spiders are common phobias, but some unusual and unfounded fears can create substantial problems in your life.
5. Family and relationships - Relationships, whether family, personal, or work-related, have their ups and downs. While relationships can be some of the best things in life, they

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can also be a source of stress and problems.

6. Unhealthy Habits and addictions - Some unhealthy habits — such as smoking, drinking, and drug use — are often used to escape larger underlying problems or to self-medicate.
7. Performance enhancement - Some of the most successful people achieve their goals by first visualizing them. Athletes often mentally prepare for a competition with as much intensity as they physically train their body. Others use this technique to proactively prepare for challenging life events.
8. Mental clarity - A psychologist can help you improve your mental clarity by acting as an unbiased set of ears. Often, people find their own solutions just by hearing themselves talk out loud in therapy.
9. Mental disorders - Sometimes multiple symptoms are caused by larger problems. Mental disorders can manifest themselves in several ways. They're often disguised as something else and can only be uncovered with the help of a mental health professional. Some mental disorders with varying symptoms include:
  - a) bipolar disorder
  - b) major depressive disorder
  - c) schizophrenia
  - d) post-traumatic stress disorder

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Mental health refers to your emotional and psychological well-being. Having good mental health helps you lead a relatively happy and healthy life. It helps you demonstrate resilience and the ability to cope in the face of life’s adversities. Your mental health can be influenced by a variety of factors, including life events or even your genetics. There are many strategies that can help you establish and keep good mental health. These can include:

- a) keeping a positive attitude
- b) staying physically active
- c) helping other people
- d) getting enough sleep
- e) eating a healthy diet
- f) asking for professional help with your mental health if you need it
- g) socializing with people whom you enjoy spending time with
- h) forming and using effective coping skills to deal with your problems

### **What therapies work for Stress, Depression & Anxiety?**

While stress itself is a normal part of life, recurring stress that interferes with your daily activities and overall well-being is not. Stress can manifest itself in different ways, including excessive worrying, inability to sleep at night, and body aches.

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## **Cognitive behavioral therapy (CBT) for short-term help**

You may benefit from CBT if you're concerned about:

- anxiety
- depression
- bipolar disorder
- sleep disorders, such as insomnia
- phobias
- obsessive-compulsive disorder (OCD)

### **Psychodynamic therapy**

Like CBT, psychodynamic therapy aims to help you identify thought patterns that may dictate behavioral responses. It is used on a more long-term basis.

### **Behavioral therapy**

Behavioral therapy tends to work best for long-term triggers of stress, including traumatic events, as well as conditions such as anxiety, phobias, and attention-deficit hyperactivity disorder (ADHD).

### **Exposure therapy**

Exposure therapy is a mental health condition that causes you to avoid certain situations, objects, people, and places.

### **Group therapy**

In some cases, group therapy may be an option if you're dealing with an extremely stressful event.

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- 3) **Prevent social isolation.** While seeing friends and family for in-person activities can help, even making phone calls or talking virtually can keep you socially connected and reduce your stress.
- 4) **Reassess your priorities.** Focus on daily tasks without worrying too much over what you can't get done. Also, say "no" to unnecessary tasks, and delegate extra work when you start to feel overwhelmed.
- 5) **The takeaway** - Occasional stress isn't necessarily a cause for concern if you are able to manage it on your own. But if stress interferes with your life on a regular basis and you're feeling overwhelmed, it may be time to seek help.
- 6) **Left untreated**, ongoing (chronic) stress may contribute to (or worsen) certain mental health conditions, including anxiety, post-traumatic stress disorder (PTSD), and depression.
- 7) **Unmanaged stress** can also have other consequences to your health. These may include digestive ailments, high blood pressure (hypertension), and sleep disorders. Long-term stress is also linked to metabolic disorders.
- 8) **Therapy can be an invaluable tool for stress**, whether you're going through an unusually tough time or if you've been struggling with chronic stress. It can even address stress related

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