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 that 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 od 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

How to reduce stress, anxiety, and depres	ssion?
If your client is stressed out, there are many good ways to get relief.	
Drinking or taking drugs, however, will not and does not solve anything and can leads to more problems.	
Here are some things to suggest your client when they are dealing with stress, anxiety, and depression:	
Make A Plan Figure out what is really causing the stress.	
Think of as many possible causes as you can, and write them down.	
Now brainstorm for solutions that will reduce the stress, and commit them to paper.	
A trusted friend, family member or school counselor may be able to offer some good ideas as well. Now choose a few solutions to start tackling the issues. If they are complicated, break them down in to manageable chunks.	
Then give your plan a try.	
If one particular solution doesn't help, try another one.	
Don't be afraid to make mistakes.	

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	
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	

Remember,	
nothing to be ashamed of.	
Depression is not a of weakness, and help is a sign of	
Telling someone you are is the better. You will need the of a mental professional to beat	
therapy, medication or a combination can be very effective.¹	
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.	
¹ https://www.mhanational.org/stressed-or-depressed-know-difference#:~:text=Know%20the%20Difference.%20Stress%20is%20good%20if%20%20and%20long-lasting%20than%20stress%2C	

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 	

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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chro	anxiety and depression are outcomes of nic stress. However, anxiety is generally idered a high-energy state, whereas ession a low-energy state.	
expe	ort, a depressed individual often riences a lot of anxiety, possibly even to extent of having mild to severe panic eks.	
cons	ason a person or client(s) will sult you as a Therapist / Coach / nselor is because of these things: Loss - Death is an unavoidable part of life, but that doesn't make it any easier to deal with. Everyone handles the loss	
2.	of a loved one — whether a parent or a pet — differently. 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	

	1 1	
	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	
	2 2	
	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	
7•	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	
	-	

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.

Cognitive behavioral therapy (CBT) for s	hort-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).	·
Ever a grave the average	
Exposure therapy Exposure therapy is a montal health	
Exposure therapy is a mental health condition that causes you to avoid certain	
situations, objects, people, and places.	
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.	

What kind of therapist is best for stress?

Trained psychologists or a psychotherapist are generally the best type of mental health professionals for stress-related therapies.

Psychotherapists are also referred to as "talk therapists." These include:

- Psychiatrists, who can also administer mental health medications and have medical training
- Group counselor, who specializes in working with a small group of people with similar struggles
- Play therapists for younger children
- School counselors, who may address stress in school-aged children, as well as college students

What else helps with Stress / Depression / Anxiety?

Aside from therapy,

- Source shows that even walking for 30 minutes each day can decrease stress and boost your overall mood.
- 2) Schedule regular relaxation intervals. Do something that relaxes you for at least several minutes a day. Just some ideas include taking a warm bath, gentle yoga stretches, deep breathing exercises, or reading a book.

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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	
o,	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)	
o)	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	
o,	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	

	to mental health conditions or chronic illnesses.	
Life	style Changes	
chan enou	igh <u>sleep</u> . Other Recommended changes in dealing with Stress / Depression /	
1)	Exercise - Try to exercise for at least 30 minutes a day.	
2)	Sleep - Doctors recommend that people get at least eight hours of sleep every night.	
3)	Social Support - Doctors also recommend getting social support. This means being with the people you <u>love</u> or having fun activities to do.	
4)	Nutrition - Eating a healthy diet can help treat depression.	
5)	Stress Reduction - Doctors recommend that people reduce stress in their lives.	
6)	Alternative Treatment For Depression - Doctors also recommend that you try alternative treatments for depression	
7)	Vitamins and Supplements - Doctors recommend that people take a vitamin or supplement every day. These can be	

	something like fish oil, omega-three fatty acids, and vitamin B12 capsules.	
8)	Yoga Class - One study has shown that yoga can help treat depressive symptoms by reducing stress hormone activity in the body.	
9)	Meditation Group - Doctors recommend that people practice meditation for at least half an hour a day to reduce depressive symptoms.	
10)	Acupuncture - Doctors also recommend acupuncture for people with depression.	
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