***DEALING WITH ANXIETY/DEPRESSION***

***Chapter 5, Section 1***

***GLENCOE HEALTH (2011)***

**BIG IDEA**: Anxiety and depression are mental health problems.

**NEW VOCAB**:

* Anxiety
* Emotions
* Depression
* Apathy

**Understanding Anxiety**

Occasional anxiety is a , reaction to many short-term, stressful situations.

Difficult emotions occur for a variety of reasons, including changes, issues, or .

Brief feelings of anxiety are and responses to stress.

 The condition of feeling uneasy or worried about what may happen

**Coping with Anxiety**

Stress-management can help reduce anxiety.

Usually, once the stressful situation is over, so is the anxiety it created.

**Understanding Depression**

 Depression can linger or be severe enough to disrupt daily activities.

 Depression is a serious condition that is treatable.

 Depression is one of the most common mental health concerns among teens.

 - A prolonged feeling of helplessness, hopelessness, and sadness

**Types of Depression**

 is intense and can last for weeks or months.

 has less severe symptoms, but can last for years.

 is a reaction to a specific life event.



 Depression can cause a person to and suffer alone.

 **WARNING SIGNS OF DEPRESSION**

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**Causes and Effects of Depression**

 Depression can be caused by:

* reasons, such as a medical condition.
* reasons, such as surviving a traumatic event.
* reasons, such as living in poverty or in a harmful environment.

**Other Symptoms of Depression**

They may have self-destructive thoughts and trouble concentrating and making decisions.

They may be apathetic, sad, irritable, or angry

They may become emotional, change their eating, sleeping, or hygiene habits, and withdraw from social situations.

 People who are depressed may experience

 A lack of strong feeling, interest, or concern

**Getting Help for Depression**

 Depression is an illness

If you recognize signs of depression in yourself or a friend, discuss your concerns with a

Health can develop a depression-treatment plan that may include:

