

ANXIETY AND DEPRESSION

Cara Rasor M.S.Ed, LPC



“Pretty
much
explains
my life...”

ANXIETY

Generalized Anxiety: An excessive amount of anxiety or worry in several areas of life, such as job responsibilities, health, finances, or minor concerns (e.g. completing housework).

Phobias: A very intense fear of a specific situation or object, which is out of proportion to its actual threat. For example, a fear of giving speeches, or of spiders, could be considered a phobia.

Panic: An extreme anxious response where a person experiences a panic attack. During a panic attack, the individual experiences numerous physical symptoms, and is overwhelmed by a feeling of dread.

SIGNS/SYMPTOMS OF ANXIETY

Adults

Feelings- nervousness, worry, fear, on edge, panic, something bad is going to happen

Thoughts- Difficulty concentrating, racing thoughts, dying, criticism, abandonment

Physical symptoms- chest pain, pressure, racing heart, stomach ache, headaches, shaking, tired

Children

Similar feelings expressed differently

Actions- Avoidance, arguing, trying to fit in, lashing out, not following the rules, getting poor grades

Physical symptoms- upset stomach, feeling hot, increase heart rate, shaking

**Me literally everytime
I feel a random chest
pain:**



DEPRESSION FACTS

One of the most common mental health disorders in the US

Women are 2x more likely to experience depression

About 1 and 10 people will experience depression in their lifetime

Estimated 4.1 million adolescents (ages 12-17) have at least one major depressive episode.

Estimated 14.8 million adults (18 or older) have at least one major depressive episode in the past year.

*National Institute of Mental Health

SIGNS/SYMPTOMS OF DEPRESSION

Adults

Feelings- Sadness, anger, hopelessness, loneliness, Isolation, lost of interest

Physical symptoms- loss of motivation, fatigue, poor concentration

Thoughts- Perfectionism, “I can’t”,

Children

Similar signs, possibly expressed differently

Withdrawal, needy, clingy, excessive crying

Play with me



CAUSES

Chemical Balance- is medication needed?

Situational

Learned Behavior

Anticipation and avoidance = Anxiety

I've got 99 problems and 86 of them are completely made up scenarios in my head that i'm stressing about for absolutely no reason



COPING

Adults

Self-care

Support/Therapy

Communication

Gratitude

Children-

Structure/Consistency

Eating, sleep hygiene

Support/ Solutions

Therapy

Chance to talk

Encourage social interactions,
limit screen time

How do we break a pattern?

SUPPORTING A CHILD THROUGH

Listen with an open mind

Support- “I got you!”, “I am here for you”, “I love you”

Refrain from using words such as shame, guilt or disappointment

Provide child with choices, especially when in a depressive state

QUESTIONS?