

Anxiety & Depression

Anxiety

“Anxiety” relates to a group of symptoms, some of which are vague sounding but which nonetheless, are very troublesome.

The following is a list of symptoms seen with stress disorders. If you can relate to five or more of these features you may be suffering from an anxiety syndrome.

- Smothering sensations
- Jumpiness
- Sense of tension
- Cold clammy hands
- Discomfort in pit of stomach
- Feelings of Apprehension
- Insomnia
- Irritability
- Nightmares
- Over concern about a family member
- Anticipation that something bad will happen
- Restlessness
- Fear of dying
- Faintness
- Trembling or shaking
- Feeling under great time pressure
- Fears of losing control

- Dizziness
- A sense of being unsteady
- Feelings of unreality
- Difficulty getting to sleep at night
- Thoughts racing through on mind
- Palpitations
- A sense of fear but not knowing what one is afraid of
- Not being able to sit still
- Problems concentrating
- Difficulty understanding what one is reading
- Feeling Swamped

Depression

“Depression” isn’t only feeling sad, ‘low’ or ‘down’. It also means lowered functioning. Depression takes a variety of forms.

The following list may contain features which pertain to you.

- Decreased effectiveness at work or school
- Social withdrawal
- Decreased concentration
- Feelings of inadequacy

- Brooding
- Loss of Self esteem
- Thoughts of suicide
- Guilt over past activities
- Feeling slowed down
- Pessimistic attitude
- Fearfulness or crying
- Feeling low or down
- Loss of Appetite
- Sense of sorrow
- Feeling things are not as good as in the past
- Overeating or loss of appetite
- Sleep disturbance including oversleeping
- Feeling lowest upon arising
- Loss of interest in sex
- Low energy
- Worrying about the death of loves ones
- Thoughts of one’s own death
- Finding nothing to laugh about

These features are not weighted; therefore some may have much greater importance to you than others.