

Anxiety and Depression

It's very common to experience symptoms and feelings of anxiety and depression simultaneously. Generally, people experience anxiety before depression, but anxiety can also be a symptom of depression.

Here are some common symptoms that show up with depression *and* anxiety:

- Fatigue
- Headaches
- Rapid heartbeat
- Stomach aches
- Difficulty falling or staying asleep
- Changes in appetite
- Trouble concentrating

Difference in symptoms

ANXIETY

Excessive fear that impacts your everyday life



DEPRESSION

Feelings of sadness, emptiness, irritability, low self-worth, hopelessness – and these feelings impact your ability to function.

Getting an official diagnosis of anxiety or depression is not necessary to get help – if you're experiencing these symptoms, or you're just not feeling like yourself, reach out to a counsellor or your family doctor. You know yourself best, and if you're struggling, it's okay to ask for help.

Tips and strategies to help manage anxiety and depression:

- **The mind-body connection.** Sleep, exercise, and diet can play a role in how you feel about yourself and can impact your mood. Make sure you're getting enough sleep, that you make time for physical activity each day, and that you eat a balanced diet.
- **Keep a record of your thoughts.** Write down the negative thoughts you're having. Look back at these and reflect – *how could you have thought about this differently?*
- **Regulate your emotions.** Practice grounding techniques, meditation, and deep breathing to keep your emotions in check.

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