

STRESS

WORRY

ANXIOUSNESS

ANXIETY

DEPRESSION



Discussion: Mental Health Vocabulary

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DEPRESSION

Common Phrases:

I am having a panic attack.

I CAN'T do this.

I am SO stressed out.

My anxiety is kicking in.

I am so anxious.

This is so depressing.

Defining the terms:

Stress: a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Worry: give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.

Anxiousness: a feeling of mild anxiety about possible developments

Anxiety: (noun) a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Depression: feelings of severe despondency and dejection.

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Stress: a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

MAIN SOURCES OF STRESS

SCHOOL: GRADES, ACADEMICS, TIME MANAGEMENT,
SOCIAL STRESS (TURNS INTO CAREER....)

PEERS: SOCIAL PRESSURES, CONFLICTS,
THE NEED TO FIT IN

WORLD: LARGE SCALE: VIOLENCE, GLOBAL ISSUES,
TRAFFICKING, ETC. SMALL SCALE: BEING ON YOUR
OWN, SOCIAL ANXIETY

FAMILY: CONFLICTS, EXPECTATIONS, DIVORCE,
TRAUMA, ETC



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SOURCE: HEALTHLINE

Typical anxiety is a response to stress, and this is normal. When the stressor is over, the anxiety usually goes away. In anxiety disorders, removing the stressor or trigger doesn't always reduce the anxiety.

Anxiety caused by stress doesn't generally significantly impair one's life or cause distress.

“Abnormal” anxiety is defined by excessive and persistent worries that don't go away, even when there's nothing to be stressed or nervous about. With an anxiety disorder, people usually try to avoid triggering situations or things that worsen their symptoms.

In general, two things need to be present that define an anxiety disorder, as opposed to simply being anxious:

- the anxiety is out of proportion to the situation or isn't age appropriate
- it impairs the ability to function normally

Normal vs. Abnormal

You wake up one morning and you know you have a math test later that day, it's normal to be nervous or anxious about the test. Some psychosomatic symptoms may be present (what is psychosomatic?) Once the test is over, you're likely more relaxed and physically back to normal.

If you have a conflict with a friend/family member/significant other you may feel anxiousness or worry about the situation. You may dread the difficult conversation or worry if you will be able to work it out. You have the conversation, even if it makes you feel nervous, and eventually the conflict is resolved or your feelings towards it lessen.

You wake up one morning and know you have a math test later that day, but are so worried that if you won't do well then your parents will be mad, your GPA will tank, you'll never get into a good college and you become SO anxious about it you make yourself sick and physically can't even TAKE the math test.

You have a fight with a friend. The worry over losing the friendship or fear over what will happen next: Will I lose other friends? Am I worthless? Is it all my fault? Will I ever be able to make this right? Should I even try? I'm going to avoid the situation and socially distance myself from everyone involved.

Anxiety Disorder vs. Depression

Symptoms of generalized anxiety disorder can include: persistent and severe worrying (that's sometimes not proportional to what's actually going on), overthinking and envisioning worse-case scenarios, obsessing over situations or outcomes, indecisiveness, fear, inability to relax, feelings of restlessness, trouble focusing or physical agitation.

Signs of depression can include: feelings of sadness and hopelessness, loss of interest, trouble sleeping, feeling exhausted, a change in appetite, persistent psychosomatic symptoms and feeling like small tasks take extra effort.

The key is the feeling that things will never get better.

Both can be situational/circumstantial or clinically diagnosed

Stress that goes **unaddressed**
can become **Anxiety**.

Anxiety that is **unaddressed** can
become **depression**.



Next advisory....
mindfulness and coping

Don't wait to talk about it.
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