



Fear/Anxiety/Depression

Overview:

Anxiety and fear are normal reactions to stress and serve an important function of alerting a person to potential danger. However, sometimes anxiety can interfere with feelings of well being, interfere with daily life, and may even escalate into panic attacks. Anxiety disorders may be general or related to specific phobias.

Depression is a pervasive feeling of sadness, hopelessness, worthlessness, or helplessness. It may be mild to severe. Depression can lead to anxiety and vice versa.

Symptoms:

Persons with anxiety may experience irritability or restlessness, irrational fears, racing or unwanted thoughts, rumination, lack of concentration, excessive worry, feeling of impending doom, insomnia, fatigue, sweating, especially sweaty palms, dry mouth, tense muscles, trembling, nausea, palpitations, rapid breathing, or avoiding social situations.

Depression is characterized by a feeling of sadness that persists for several days or longer. One may experience anger and irritability, fatigue, decreased energy, ruminating thoughts, difficulty concentrating or making decisions, loss of interest, feelings of guilt, suicidal thoughts, physical aches and pains, GI issues, changes in appetite or weight, insomnia or oversleeping.

Treatments:

Both anxiety and depression may be treated with therapy, including assistance with building an active lifestyle incorporating relaxation techniques, dealing with problematic thought patterns including fear and guilt, identifying and dealing with emotional triggers, gaining confidence, and dealing with phobias. Self care should include a healthy diet avoiding caffeine, alcohol, and recreational drugs, getting consistent exercise, developing good sleep habits, time/stress management, and relaxation techniques. It is important to fact check thoughts and stay in the present moment, as often as possible. Prayer and other spiritual practices may be very helpful, remembering that we are beloved children of God and that He is in control and desires the very best for us.

Fear/Anxiety/Depression *(continued)*

icated pellets are pellets that have already been made into a remedy. On the other hand, a medicating potency is a liquid dilution which is at least 87.5% alcohol and thus can be used for grafting blank pellets.

Anxiety and depression may require medication. Xanax, Ativan, Klonopin, and Buspar are common drugs for anxiety. Buspar increases the action of serotonin, a neurotransmitter that regulates mood and increases feelings of well being, but it 4-6 weeks to be fully effective.

Antidepressants are used for both depression and anxiety disorders. Common SSRIs are Lexapro and Prozac. Common SNRIs include Cymbalta and Effexor. Those taking serotonin reuptake inhibitors should avoid St. John's wort, nutmeg, and ginseng to prevent serotonin syndrome-a potentially life threatening condition caused by too much serotonin that may cause shivering, diarrhea, muscle rigidity, fever, seizures, and even death. Tricyclic antidepressants, beta-blockers (contraindicated in asthma), and other prescription drugs may also be used.

Suicide warning signs may include: talking about the desire to be dead or to never have been born, obtaining means of doing harm like purchasing a gun or stockpiling pills, withdrawing from social contact, extreme mood swings, increased use of drugs or alcohol or engaging in other risky behavior, changing normal routines, or giving away belongings. Some people keep suicidal intentions secret.

Medications used to treat anxiety/depression may cause suicidal ideation, especially in children and young adults. If a person is an immediate danger to self or others, it is a medical emergency.

<https://www.webmd.com/mentalhealth/features/ways-to-reduceanxiety>

<https://www.healthline.com/health/natural-ways-to-reduceanxiety>

