

CHAPTER
5

Mental and Emotional Problems

LESSON 1

Dealing with Anxiety and Depression

● Before You Read

How is depression different from normal feelings of sadness? Write your ideas on the lines below. After you read the lesson, add any additional facts you have learned.

BIG Idea

Anxiety and depression are treatable mental health problems.

● Read to Learn

Understanding Anxiety

Anxiety is the condition of feeling uneasy or worried about what may happen. Brief feelings of worry or fear are common responses to stress. The anxiety will usually fade when the stressful situation is over. Using the stress-management techniques that you have learned can help reduce anxiety. Remember that using alcohol or drugs is not a healthful way to cope with anxiety.

Understanding Depression

Depression is a prolonged feeling of hopelessness and sadness. Depression is more than just sadness. It is a serious illness that requires treatment. Almost 15 percent of all teens will display some signs of depression. It is one of the most common mental health concerns among teens.

There are several types of depression. *Major depression* is intense and can last for weeks or months. *Mild depression* has less severe symptoms but can last for years. *Adjustment disorder* is a reaction to a specific life event. For example, a person may have trouble getting through the grieving process after a loss. ✓

Study Coach

Outline Look through the lesson to find the headings and subheadings. Write down these headings to make an outline. As you read, fill in details beneath each heading or subheading.

I.
A.
1.
2.
B.
II.



READING CHECK

1. Explain How is anxiety different from depression?



Think it Over

2. Analyze Why might it be dangerous for a person to withdraw and suffer from depression alone?

What are the causes and effects of depression?

Depression can be caused by physical, psychological, or social factors. Warning signs for depression are listed in the chart below. Other signs include the following:

- **Changes in thinking.** People who are depressed may have trouble concentrating and making decisions. They may have self-destructive thoughts.
- **Changes in feelings.** People who are depressed may experience apathy. **Apathy** is a lack of strong feeling, interest, or concern. People with depression may not feel pleasure in the things they once enjoyed. They may be sad, irritable, or angry.
- **Changes in behavior.** People with depression may become emotional. They may begin eating too little or too much. People with depression may have trouble sleeping and may seem tired. They may also neglect basic hygiene and withdraw from social situations.

Warning Signs of Depression

Seek help if five or more of these symptoms occur:

- Persistent sad or irritable mood
- Loss of interest in activities once enjoyed
- Change in appetite or body weight
- Difficulty sleeping or oversleeping
- Physical signs of nervousness
- Loss of energy
- Feelings of worthlessness or inappropriate guilt
- Difficulty concentrating
- Thoughts of death or suicide ✓



READING CHECK

3. Explain When should someone who is depressed seek help?



READING CHECK

4. Identify Where can a depressed teen find help?

Getting Help for Depression

If you recognize signs of depression in yourself or a friend, discuss your concerns with a trusted adult. Depression is serious, but it is treatable. If a friend asks you not to tell anyone that he or she is depressed, it is okay to break that promise. Depression should be treated by a health professional. Treatment takes time and patience. ✓