

# LifeSolutions®

## Anxiety and Depression: The Symptoms and How to Cope



The symptoms of **depression** range from lingering sadness to feelings of worthlessness. Those with the disorder may find it difficult to sleep, have little energy, or have no appetite. Depression can make routine tasks—such as getting out of bed—seem difficult or impossible.

People with an **anxiety disorder** may experience feelings that range from obsessive worry to debilitating panic. Symptoms can include persistent self-doubt or self-consciousness, chronic muscle tension, irritability, and heart palpitations. Anxiety may also make sleeping difficult.

### If you're feeling anxious or down, try these tips to manage your symptoms:

- **Talk to a friend or loved one.** Talking about your emotions may help you put things in perspective and ease your mind.
- **Exercise.** Physical activity releases chemicals called endorphins, which can make you feel good.
- **Take a deep breath.** Breathing exercises can help lower your heart rate and calm your nerves.
- **Practice mindfulness.** Pause, try to clear your head, and focus on what you're experiencing right now.

For in-the-moment relief from anxiety or stress, download the RxWell app (available in the Apple App Store and on Google Play). This interactive app will teach you techniques to calm your mind and challenge old patterns of thinking.

**Depression and anxiety are treatable. LifeSolutions employee assistance program (EAP) can help you locate support resources in your area. EAP services are private and confidential. They are available to you and members of your household at no cost. Call or email us to ask questions or schedule an appointment.**

**[lifesolutions@upmc.edu](mailto:lifesolutions@upmc.edu)  
1-844-833-0527 (TTY: 711)**

*This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.*

If the situation is potentially life-threatening, get immediate emergency assistance by calling 911.

If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline **(1-800-273-TALK [8255])**.

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