

COPING WITH ANXIETY AND DEPRESSION

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INTRODUCTION

Anxiety and Depression are mental health challenges, that are increasingly common, and their impact can be profound. Not just on individual but in and around workplace environment as well.

By understanding and addressing these issues, we can foster a more supportive and productive work environment.



ANXIETY is an excessive worry or fear, about everyday situations. Symptoms can include restlessness, rapid heartbeat, and difficulty concentrating.

It can make it difficult to concentrate, impact decision-making, and affect daily functioning, leads to avoidance behaviors. Which can interfere with personal and professional responsibilities.

DEPRESSION is that persistent feelings of sadness, hopelessness, or a lack of interest in activities once enjoyed. Symptoms might include changes in sleep patterns, appetite changes, and fatigue.

It can diminish motivation, affect relationships, and reduce productivity. It often leads to feelings of isolation and difficulty engaging in daily tasks.

IMPACT ON PERSONAL AND PROFESSIONAL LIFE

ON PERSONAL LIFE:

Relationships with family and friends may become strained due to withdrawal or communication difficulties.

Daily activities and responsibilities can become daunting, affecting overall life satisfaction and personal fulfillment.

ON PROFESSIONAL LIFE:

Anxiety and depression can impact job performance, concentration, and motivation.

There may be challenges with teamwork and collaboration, as well as increased absenteeism.



EMOTIONS OF ANXIETY

FEAR:

It involves a heightened sense of danger or threat, whether real or perceived. This can manifest as a sense of impending doom or panic.

WORRY:

It involves persistent thoughts about potential negative outcomes or problems. This can lead to overthinking and difficulty focusing on the present.

APPREHENSION:

It's a feeling of dread or unease about what might happen. This can lead to a heightened state of alertness or avoidance behaviors.

OVERWHELM:

It occurs when the demands or challenges seem too great to handle. It result in a sense of being buried by responsibilities, tasks, or problems.



EMOTIONS OF DEPRESSION

SADNESS:

It is a deep sense of sorrow or unhappiness. It affects one's ability to enjoy activities or find pleasure in everyday life.

HOPELESSNESS:

It is a feeling of having no possibility of improvement or change. This can result in a lack of motivation to pursue goals or make positive changes.

GUILT AND SHAME:

Guilt and shame involve feelings of regret or self-blame. One may feel guilty about their perceived failures or shortcomings.

APATHY:

refers to a lack of interest or enthusiasm. They may feel indifferent or emotionally detached from activities and relationships that once held significance. This can manifest as a loss of motivation and energy.





GUILT AND SHAME:

- Definition: Guilt and shame involve feelings of regret or self-blame.
- Experience: People with depression may feel guilty about their perceived failures or shortcomings. This can lead to a sense of worthlessness and self-criticism, further exacerbating depressive symptoms.

HELPLESSNESS:

- Definition: Helplessness is a feeling of being unable to control or influence one's circumstances.
- Experience: Individuals may feel trapped in their situation, unable to change their circumstances or improve their mood, which can lead to increased frustration and despair.

COPING STRATEGIES

MINDFULNESS AND RELAXATION:

Engage in activities like meditation, deep breathing exercises, or yoga to manage stress and increase self-awareness.

PHYSICAL HEALTH:

Regular exercise, a balanced diet, and adequate sleep are foundational to managing mental health. Engaging in physical activities can boost mood and reduce stress.

ROUTINE AND ORGANIZATION:

Establishing a daily routine and setting small, manageable goals can help create a sense of control and achievement.

SELF-COMPASSION:

Be kind to yourself and recognize that it's okay to take breaks and prioritize your mental health.



BUILD A SUPPORT SYSTEM

REACH OUT:

Do not hesitate to seek support from friends, family, or support groups.

If you feel comfortable, discuss your needs with a manager or HR. Exploring flexible work options or adjustments can help manage workload and stress.

Break tasks into smaller, manageable steps and use tools like to-do lists or project management apps to stay organized.

PROFESSIONAL HELP:

Consider therapy or counseling to gain insights and strategies for managing anxiety and depression. It offer valuable tools and coping mechanisms.



Thank
you

