



This icon appears when you need to take care; you may need professional help or should be on the lookout for possible trouble.

WARNING



This icon alerts you to especially useful insights and explanations.

TIP

Beyond the Book

Throughout the book, there are worksheets that you may want to complete more than once. Go to www.dummies.com/go/anxiety&depressionworkbookfd2e to download them.

In addition, there's a cheat sheet with tips and information about anxiety and depression. To access this online cheat sheet, go to www.dummies.com and then type "Anxiety & Depression Workbook For Dummies Cheat Sheet" in the search box.

Where to Go from Here

Anxiety & Depression Workbook For Dummies can help you deal with your depression and anxiety. It's pragmatic, concrete, and goes straight to the point. As such, this workbook doesn't devote a lot of text to lengthy explanations or embellishments of basic concepts, so you may want to find out more about specific types of depression and anxiety, available medications, and alternative treatments elsewhere. For that purpose, consider reading one or both of the companion books: *Depression For Dummies* (Wiley) and *Anxiety For Dummies* (Wiley).

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**Dissecting Distress
and Preparing a
Plan**

IN THIS PART . . .

Understand the tolls of depression and anxiety

Take a look back at your history

Figure out if it's time to change

Keep track of your moods

IN THIS CHAPTER

- » Figuring out how depression and anxiety affect you
- » Finding your personal starting point
- » Knowing when to get more help

Chapter **1**

Sorting Out Symptoms of Anxiety and Depression

For people all over the world, these past years of unrest, divisiveness, and fear and uncertainty related to the devastating pandemic have increased stress significantly. Stress often precedes the emergence of emotional disorders, especially anxiety and depression. In the United States, recent surveys suggest that about 40 percent of the adult population suffer from notable symptoms of anxiety or depression. The rates of anxiety and depression among adolescents have also risen dramatically due to disruptions in their lives during these tumultuous times.

Everyone feels sad or worried from time to time. Such emotions are both natural and unavoidable. People worry about their children, bills, aging parents, jobs, health, and powerful social issues. And most people have shed a tear or two watching a sad movie or a news story about a poignant tragedy. It's perfectly natural to experience significant sadness when faced with loss, frustration, or pain. That's normal. Anxiety and depression are part of everyday life.

But when sadness fills most of your days or worries saturate your mind, that's not so normal. You may be experiencing a real problem with depression or anxiety. Anxiety and depression can affect how you think, behave, feel, and relate to others. The discussion and quizzes in this chapter help you figure out how depression and anxiety affect your life. When you understand