

## **Anxiety, bipolar disorder and depression**

Anxiety Disorder: Anxiety is a normal reaction to stress, but sometimes it can become excessive. There are many different types of anxiety disorders ranging from generalized anxiety disorder to post traumatic stress disorder (PTSD).

Symptoms:

1. Excessive and irrational fear and dread
2. Commonly occur with alcohol and substance abuse
3. Can last up to 6 months and can get worse if not treated

Treatment:

1. Antidepressants
2. Antianxiety medication
3. Beta blockers
4. Psychotherapy

Bipolar disorder—also known as manic depressive illness is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks.

Bipolar disorder symptoms can result in damaged relationships, poor job or school performance, and even suicide.

Symptoms:

1. Extreme changes in energy, activity, sleep, and behavior
2. explosive and irritable
3. overly joyful or overexcited state is called a manic episode
4. extremely sad or hopeless state is called a depressive episode
5. Talking very fast, jumping from one idea to another, having racing thoughts
6. Having problems concentrating, remembering, and making decisions
7. Feeling tired or "slowed down"

Treatment:

1. Mood stabilizers
2. Antidepressant
3. Psychotherapy
4. Electroconvulsive therapy
5. Sleep medications
6. Herbal supplements

Depression: a persistent feeling of sadness and loss of interest that can have physical symptoms as well.

Symptoms:

1. Feelings of sadness or unhappiness
2. Irritability or frustration, even over small matters
3. Loss of interest or pleasure in normal activities
4. Reduced sex drive
5. Insomnia or excessive sleeping
6. Changes in appetite
7. **Agitation or restlessness**
8. Irritability or angry outbursts
9. Slowed thinking, speaking or body movements
10. Indecisiveness, distractibility and decreased concentration
11. Fatigue, tiredness and loss of energy — even small tasks may seem to require a lot of effort
12. Feelings of worthlessness or guilt, fixating on past failures or blaming yourself when things aren't going right
13. Trouble thinking, concentrating, making decisions and remembering things
14. Frequent thoughts of death, dying or suicide
15. Crying spells for no apparent reason
16. Unexplained physical problems, such as back pain or headaches

Treatments:

1. Medication
2. Psychotherapy
3. Electroconvulsant therapy
4. Vagal nerve stimulation
5. Exercise
6. Avoid alcohol and recreational drug use