

Anxiety and Depression Counselling

Depression

There are times in our lives when we all feel sad and unhappy. When difficulties or upsetting events occur it is not unusual to feel down, stop enjoying things for a while as a reaction to events. Likewise when good things happen, a person may feel happiness, pleasure and a sense of achievement. The reasons for low mood are usually clear – a stressful situation, a relationship difficulty, feeling let down by someone, financial difficulties, unforeseen events or some other practical problem. Most of the time the drop in mood only lasts for a short period of time and then we ‘bounce back.’

Occasionally, however, a person’s mood may seem to fall for little or no obvious reason and it may be difficult to begin with to know why.

In some cases this ‘depressed’ feeling can worsen and completely dominate the person’s life. When someone feels this low for more than two weeks and feels like this day after day, week after week, this is called a *depressive illness*.

Typical symptoms of depression are:

- A profound feeling of hopelessness or despair
- Negative thoughts
- Lethargy and tiredness
- Change in eating habits
- Lack of interest in even the things you used to enjoy
- Struggling to contain emotions – being teary

Anxiety

The words *stressed, hassled, tension and worry* all describe a situation of anxiety. Anxiety is a normal and common feeling (emotion) that can be helpful even though it feels unpleasant. For example a small amount of anxiety can help motivate some people to prepare for events such as exams or interviews. Anxiety is also helpful in times of sudden danger, where it helps you to respond and get away as quickly as possible.

Anxiety becomes a problem when people feel:

- Anxious in situations that are not dangerous at all.
- Extremely anxious – well beyond what is helpful anxiety. For example, being so worried about things you can’t get off to sleep.

Worrying thoughts are common in anxiety. When people worry they go over and over things in a way that is unhelpful. Worry causes you to think again and again about things that happened in the past. You may also worry about things in the present or what might happen in the future. This type of constant, anxious worrying is sometimes called stress. It’s also sometimes described as generalized anxiety because people generally feel anxious about very many things.

Anxiety and depression do NOT have to rule your life!

Anxiety and depression are illnesses that can affect anyone, from any background or walk of life and it can occur at any time, sometimes for no obvious reason. Often people don’t want to talk about mental health problems so you may feel you are the only one who has these problems.

Anxiety and depression can get better with treatment. Counselling can help you identify any underlying issues that have yet to be resolved, or any patterns or triggers to your emotions.

Together we can work towards an understanding of your feelings. With help you can move on from anxiety and depression, you can climb out of that pit, that black hole, and emerge into a bright and clear day. Karen can help you ***identify workable and proven strategies to help keep anxiety and depression at bay.***

Contact Karen now through the Contact Page of the website to begin your journey to health and wholeness.