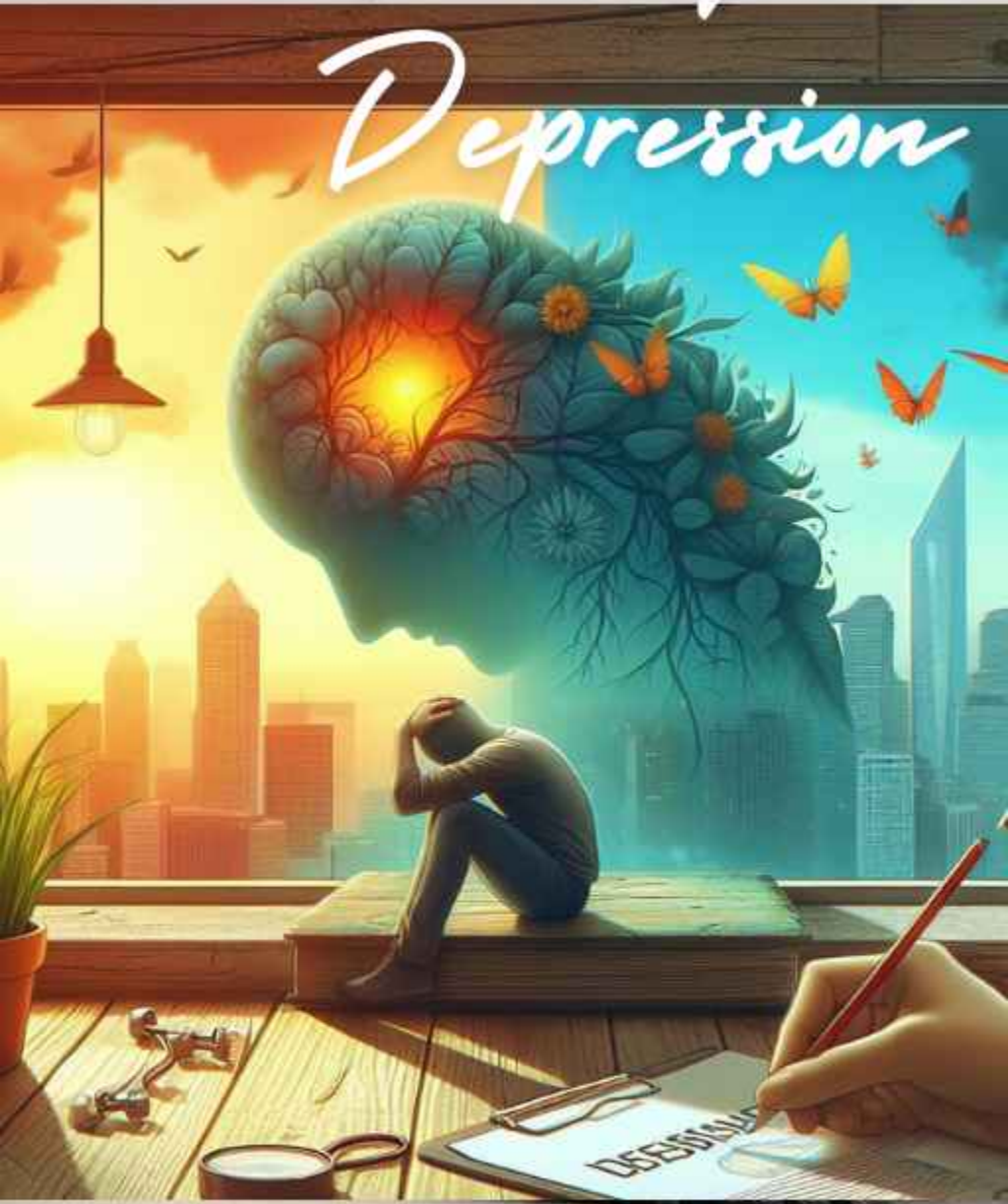




Anxiety & Depression



HEALTHY MIND
HEALTHY LIFE

YaR 20²³₂₄
& CAMPAIGN

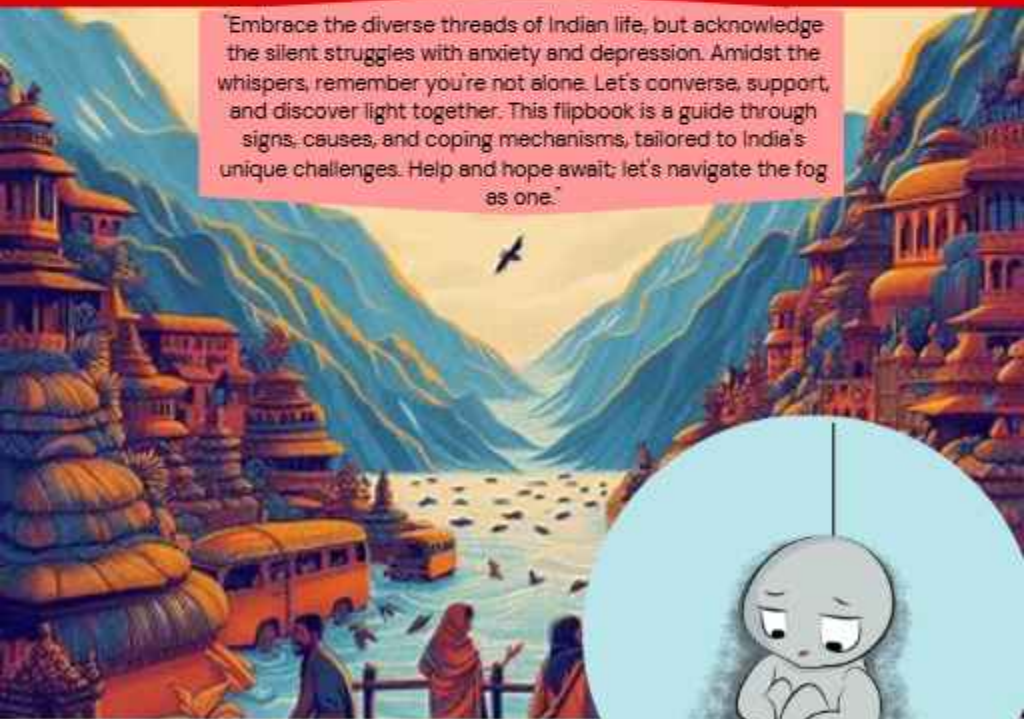
Introduction

Life in India is a vibrant tapestry, woven with rich traditions, breathtaking landscapes, and bustling communities. Yet, beneath the surface, many of us struggle with invisible currents – anxiety and depression. These mental health challenges can feel overwhelming and isolating, but you are not alone.

There is a buzz of anxiety in the air, whispers of what might be. The whispers of depression make palms slick. There is a heavy drape of sadness that steals sunlight and mountains out of chores. There are many in India, who are hushed by whispers, afraid of what others will say, burdened by what they might hear. But like any pain, the mind needs care too. Let's talk, let's help, let's find light together.

This flipbook walks with you. We'll uncover signs, understand causes, and find ways to cope. We'll explore challenges unique to India and celebrate self-care. Help and hope are here, let's navigate the fog together.

"Embrace the diverse threads of Indian life, but acknowledge the silent struggles with anxiety and depression. Amidst the whispers, remember you're not alone. Let's converse, support, and discover light together. This flipbook is a guide through signs, causes, and coping mechanisms, tailored to India's unique challenges. Help and hope await; let's navigate the fog as one."



Objectives

The objective of this flipbook is to provide concise yet comprehensive insights into the complexities of anxiety and depression. This flipbook aims to:

Raise Awareness

Increase understanding of the nuanced nature of anxiety and depression beyond common stereotypes.

Offer Support

Provide practical coping strategies for individuals directly or indirectly affected by anxiety and depression.

Promote Empathy

Break down the stigma associated with mental health, fostering empathy and compassion within communities.



Encourage Seeking Help

Emphasize the importance of seeking professional assistance and utilizing support systems.

Inspire Positive Action

Motivate readers to take small steps towards progress, resilience, and a healthier, happier life.

Provide Resources

Equip individuals with a curated list of helplines, websites, and books for further education and support.



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Symptoms of Anxiety & depression

The symptoms of anxiety and depression can vary from person to person, but some common symptoms include:

Feeling anxious, worried, or tensed	Struggling to control worries	Feeling worthless or guilty	Feelings of wanting to avoid anxiety triggers
Having an increased heart rate	Feeling sad or having a depressed mood	Breathing rapidly (hyperventilation)	Loss of interest or pleasure in activities once enjoyed
Difficulty thinking, concentrating, making decisions	Changes in appetite – weight loss or gain	Feeling weak or tired	Loss of energy or increased fatigue
Trouble focusing beyond present worries	Feeling restless or slowed down	Sleeping trouble or sleeping too much	Thoughts of self harming

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Causes

The exact causes of anxiety and depression are not fully understood, but they are thought to be caused by a combination of genetic, biological, and environmental factors.

Some of the risk factors for anxiety and depression include:



Family history of mental illness



Personal history of trauma or abuse



Stressful life events



Certain medical conditions



Substance abuse



Social isolation

Anxiety and depression can have profound effects on various aspects of a person's life, impacting both mental and physical well-being. Some common effects include:

Both anxiety and depression can significantly impact a person's quality of life, relationships, and overall functioning. It's crucial to seek professional help if experiencing symptoms to receive an appropriate diagnosis and treatment tailored to individual needs. Early intervention can improve outcomes and facilitate a path toward recovery.



I. Effects of Anxiety:	II. Effects of Depression:
<p>1. Physical Symptoms:</p> <ul style="list-style-type: none"> Increased heart rate, muscle tension, and restlessness. Fatigue, difficulty sleeping, or insomnia. Gastrointestinal issues, such as stomachaches or nausea. 	<p>1. Mood Disturbances:</p> <ul style="list-style-type: none"> Persistent feelings of sadness, hopelessness, or emptiness. Loss of interest or pleasure in previously enjoyed activities.
<p>2. Emotional Impact:</p> <ul style="list-style-type: none"> Intense and persistent worry or fear. Difficulty concentrating or feeling on edge. Irritability and a sense of self harm. 	<p>2. Cognitive Impact:</p> <ul style="list-style-type: none"> Difficulty concentrating, making decisions, or remembering things. Pessimistic thoughts about oneself and the future.
<p>3. Behavioral Changes:</p> <ul style="list-style-type: none"> Avoidance of situations that trigger anxiety. Changes in eating habits, such as overeating or undereating. Difficulty with decision-making and procrastination. 	<p>3. Physical Symptoms:</p> <ul style="list-style-type: none"> Changes in appetite, leading to weight loss or gain. Sleep disturbances, such as insomnia or oversleeping.
<p>4. Social and Occupational Impact:</p> <ul style="list-style-type: none"> Impaired social relationships due to fear or avoidance. Difficulty at work or school, impacting performance. 	<p>4. Behavioral Changes:</p> <ul style="list-style-type: none"> Social withdrawal and isolation. Reduced energy and motivation.

Characteristics	Anxiety	Depression
Emotional State	Excessive worry, fear, or apprehension.	Persistent sadness, hopelessness, or emptiness.
Physical Symptoms	Restlessness, muscle tension, increased heart rate.	Fatigue, changes in appetite, sleep disturbances.
Thought Patterns	Excessive worrying about future events.	Negative thoughts about oneself, life, and future.
Mood	Nervousness, irritability, and feeling on edge.	Persistent low mood, loss of interest or pleasure.
Focus of Concern	Future-oriented concerns and what might happen.	Past and present-focused feelings of despair.
Impact on Decision Making	Difficulty making decisions due to overthinking.	Difficulty concentrating and making choices.
Physical Pain	Often associated with muscle tension and aches.	May manifest as unexplained physical pain.
Sleep Patterns	Difficulty falling or staying asleep (insomnia).	Disturbed sleep, including oversleeping (hypersomnia).
Behavioural Changes	Avoidance of triggers and situations.	Social withdrawal, loss of interest in activities.
Self Image	Fearful or apprehensive about the future.	Feelings of worthlessness and low self-esteem.



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Supporting Others



LISTEN TO OTHERS

Offer a non-judgmental environment for expressing feelings

STAY INFORMED!

Understand anxiety and depression nuances for better support



Advocate seeking assistance from mental health professionals



Consistently support by checking on their well-being

Offer Practical Assistance

Help with daily tasks or accompany them to appointments



Encourage healthy habits for overall well-being

The Good Practices to keep ourselves healthy



Celebrate Progress

Acknowledge and celebrate small victories



Focus on Strength

Recognize inner strength gained through the process



Learn and grow from challenges, building resilience



Make self-care a priority for physical and mental health

Resources for people with anxiety and depression

There are several resources available to help people who are struggling with anxiety and depression. Some of these resources include:

Mental health professionals



Several mental health professionals who can provide therapy and medication for anxiety and depression

Online resources



Several online resources are available to provide information and support to people with anxiety and depression

Support groups



Support groups for anxiety and depression offer a safe and encouraging space for individuals to share experiences and learn from one another

I. Indian Government Initiatives:

1. National Mental Health Programme (NMHP):

- A government initiative aimed at ensuring the availability and accessibility of minimum mental healthcare for all.

2. Rashtriya Kishor Swasthya Karyakram (RKSK):

- Focuses on the mental health of adolescents and young people.

3. Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (PM-JAY):

- While not specific to mental health, this health insurance scheme can contribute to the overall well-being of individuals.

II. Non-Governmental Organizations (NGOs):

1. Vandrevalla Foundation:

- Provides support for mental health awareness, treatment, and rehabilitation.

2. Sangath:

- Works on various mental health programs, including community-based interventions and research.

3. iCall:

- Operates a helpline providing emotional support and counseling.

4. Banyan:

- Focuses on mental health issues, especially among marginalized communities.

5. Sambandh Health Foundation:

- Addresses mental health through awareness, education, and support.

Healthy and Unhealthy coping mechanisms

Healthy



Exercise



Have a close circle of Friends



Talk to a trusted adult



Getting enough sleep



Hobbies



Letting out emotions



Meditation



Journaling

Unhealthy



Substance Abuse



Self harm



Withdrawing from others



Shutting yourself out



Isolation



Toxic Positivity



Not eating



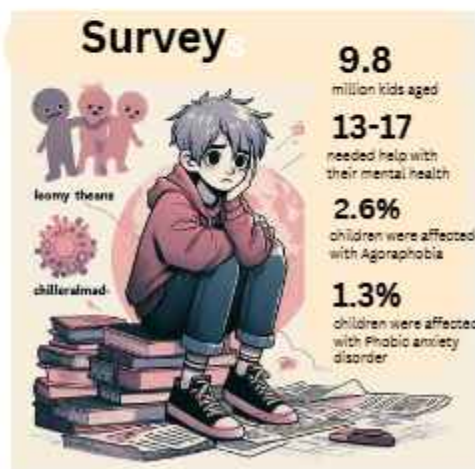
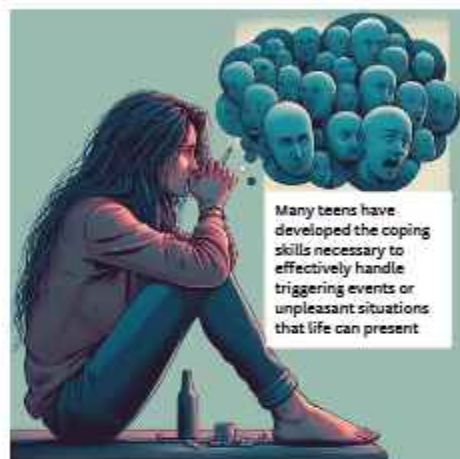
Relying on others for validation



Procrastination

Healthy and Unhealthy coping mechanisms

Statistics on adolescent Mental Health



Source for the statistics: World Health Organization (WHO)

Treatment for anxiety and depression

There are several effective treatments available for anxiety and depression, including therapy, medication, and lifestyle changes:



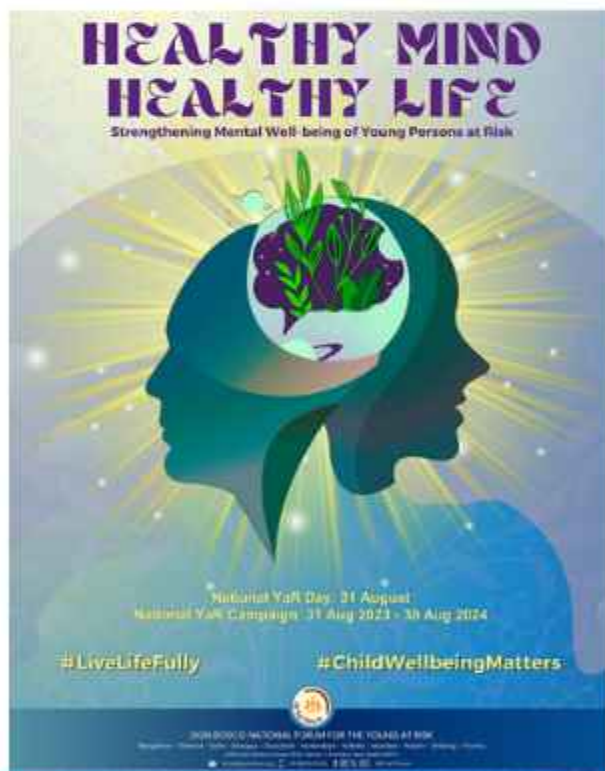
These approaches are often combined in personalized treatment plans, and the choice of therapy, medication, or lifestyle changes depends on the individual's specific diagnosis, symptoms, and preferences. Always consult with a healthcare professional for personalized advice and treatment recommendations.



Homelink Network is an ongoing initiative started by DB YaR Forum in 2002, to ensure appropriate, timely and real-time response to the needs of the young at risk, based on accurate documentation and data analysis supported by the best of technologies available today.

We work towards

- Developing a data-driven childcare system through documentation, research, and networking.
- Systematically documenting the systems, processes, and workflow of the organizations.
- Data-led intervention planning in organizations.
- Data-driven advocacy and engagement with stakeholders and government on children's issues.
- Harnessing current advances in digital technologies in the service of the work with young at risk.



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Don Bosco National Forum for
the Young at Risk

Prepared by
John C. Shanks
Habit Coordinator
Humboldt, N.Y.
New Delhi Province



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