

# Does Your Anxiety Make You Depressed?

## **Objective:**

To help you determine if you need treatment for depression as well as anxiety

## **You Should Know**

It is common for people with anxiety disorders to also have symptoms of depression. In fact, research indicates that up to 70% of people with anxiety disorders also shows symptoms of depression. These two problems are very different, but they do share some symptoms in common. Both depression and anxiety often cause people to be nervous, irritable, find it hard to focus, and to have trouble sleeping.

It is often difficult to determine which problem came first. Being depressed can make you anxious and being anxious can make you depressed.

However, depression comes along with a different set of symptoms that need to be addressed.

The major indicators that you are depressed include:

- a frequent sad mood
- an inability to enjoy daily activities
- a lack of energy
- feelings of guilt or worthlessness

If you want to find out more about your depression, you can take a short test at Mental Health America. <https://screening.mentalhealthamerica.net/screening-tools/depression>. Please note that the site will ask you a few personal questions after the screening, but it is completely anonymous, and you will not be asked any questions that could identify you.

**Please note: If you have suicidal thoughts immediately seek help. Call the National Suicide Prevention Hotline at 800-273-8255.**

## **What to Do**

This worksheet will address one of the most common problems associated with depression, the inability to do activities that bring meaning to your life. Planning your day so that it includes meaningful activities can help motivate you to spend more time doing things that will lift your mood and bring purpose to your life. Your success or lack of success with this exercise can help you determine if you need additional treatment for depression.

## Activities That Give Your Life Meaning

You should begin this exercise by writing down activities that will make any day more meaningful.

Write down an activity that expresses your values.

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Write down an activity that always makes you smile.

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Write down an activity that always relaxes you.

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Write down an activity that always connects you with people you care about.

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Write down an activity that always stimulates your thinking.

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Write down an activity that makes you proud of yourself.

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Write down an activity that brings back wonderful memories.

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Write down a spiritual activity that makes you feel connected to a higher power.

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Write down an activity that is always fun.

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Write down other activities that give your life meaning and purpose.

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On the chart below, schedule at least two meaningful activities from the previous page each day. Choose activities that you know are logistically possible to do. In other words, don't plan a trip to the beach if you are hundreds of miles away from the beach, but rather plan activities that require relatively little effort. At the end of each activity, rate your mood, from 1 = sad and hopeless to 10 = happy and satisfied with my life. You can also add comments about each activity.

Make copies of this chart and fill in a chart every day for at least a week.

Date: \_\_\_\_\_

Time	Activity	Rating	Comments
7am			
8am			
9am			
10am			
11am			
Noon			
1pm			
2pm			
3pm			
4pm			
5pm			
6pm			
7pm			
8pm			
9pm			
10pm			

## Reflections on This Exercise

How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?

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