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Coping Mechanism For Anxiety and Depression – an Informational Pamphlet

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COPING MECHANISMS FOR ANXIETY & DEPRESSION

A friendly guide with surprises inside!

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Scan here for scientific references!



Exercise

3–5 days a week of:
30 minutes of aerobic exercise,
15 mins of moderate exercise, or
1 hour of low-intensity exercise

Hobbies

What do you enjoy doing?

Sleep

Get at least seven hours every night!

Social Support

Keep that contact with your family, friends, and relatives going! Join a school organization. Volunteer at your local community center! There is no place in earth for “isolation”.

How do these help?

Your body will release certain hormones that make you feel relaxed and happy! Take your mind off any negativity and worries.



Diet

Avoid foods that are high in:
Sugars Processed meat
Flours Butter
Animal fats

Everything should be taken in moderation. Get those leafy veggies in! Bring out your inner herbivore.

Counseling Services

HUDA Clinic | (313)-865-8446
13240 Woodrow Wilson St.
Detroit, MI 48238 (FREE to low cost)

Thriveworks Counseling Detroit | (734)-352-2812
thriveworks.com
615 Griswold St
Detroit, MI 48226

Wayne County Crisis & Referral Line
(800)-241-4949 | (24/7 FREE crisis counseling, suicide prevention, and referral services)

Michigan Stay Well Counseling COVID line
1-888-535-6136, press 8
(24/7 FREE, confidential counseling hotline)

Mental Wellness Webinars at
michigan.gov/coronavirus
(Select “Resources”, then “Mental Health Resources”)

National Alliance for Mental Illness (MI)
(517)-486-4049, nami.org
Resources, education and support groups

Anxiety Resource Center
anxietyresourcecenter.org
Weekly virtual support group to speak with others experiencing anxiety and learn self help skills (\$5 per session)

ANXIETY & DEPRESSION

How do they look?



- Depressed mood a majority of the time
- Loss of interest in activities you used to enjoy
- Sleeping too much or trouble sleeping
- Losing or gaining weight
- Having a hard time concentrating
- Worrying, feeling guilty or worthless
- Hard time controlling your worries

IF YOU ARE EXPERIENCING THESE SYMPTOMS, YOU SHOULD SPEAK WITH YOUR DOCTOR IN ORDER TO IDENTIFY IF YOU COULD HAVE GENERALIZED ANXIETY ORDER OR DEPRESSION.

Risk Factors

for young adults ages 17-35 years old

- Trauma
- Stress
- Personality type
- Other mental health disorders
- Relatives with anxiety disorder
- Drugs or alcohol

Texts and Hotlines

Michigan Crisis TEXT line
Text RESTORE to 741741
(24/7 texting hotline)

Michigan PEER Warmline
1-888-733-7753 | Open 10am-2am
Talk to peers who have experienced mental illness

Call for Help

If you have any thoughts of suicide or self-harm

1-800-273-TALK (8255)

Screening

Determine if you may be struggling with depression or anxiety disorder.

Example:

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Not at all = 0, Several days = 1, More than half the days = 2, Nearly every day = 3)

- 1) Little interest or pleasure in doing things
- 2) Feeling down, depressed, or hopeless
- 3) Feeling nervous, anxious, or on edge
- 4) Not being able to stop or control worrying

What's Your Screening Score?

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things ^a	0	1	2	3
Feeling down, depressed, or hopeless ^b	0	1	2	3
Total of top half	<3: Healthy		≥3: possible depression	
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Total of bottom half	<3: Healthy		≥3: possible anxiety	

For a longer, more detailed screening, search the internet for “PHQ-9” for depression and “GAD-7” for anxiety or consult a healthcare professional.