



ANXIETY AND DEPRESSION

Anxiety, depression and their link

Many emotional issues and mental health conditions can exist side by side, and there is a lot of evidence to show that anxiety and depression are linked and can occur at the same time in the same individual; this is called co-morbidity. In fact, not only are anxiety and depression the most common mental health conditions, but they are also the two most co-morbid with one another.

Anxiety and depression are not the same conditions, but they often share symptoms and occur together. It is not uncommon for those of us with depression to experience anxiety and those with anxiety to become depressed.

What is Anxiety?

Anxiety is a normal response to traumatic or stressful situations and is perfectly healthy in this context, but if we are anxious most of the time and it affects our day-to-day lives, we may be suffering from an anxiety disorder.

Anxiety disorders include Generalised Anxiety Disorder (GAD), panic attacks, and phobias, and are characterised by emotional, physical, and behavioural symptoms that create unpleasant feelings of:

- Fear
- Worry
- Panic
- Racing thoughts
- A feeling of impending doom

These emotions are frequently accompanied by physical symptoms including:

- Exhaustion
- Muscle tension and aches
- Headaches
- Trembling
- Irritability
- Sweating

Anxious behaviours include:

- Withdrawing from things we used to enjoy
- Seeking to avoid people or certain places
- Lack of concentration
- Being really irritable with others
- Sleeping poorly
- Feeling increasingly depressed
- Eating more or less



What is Depression?

It is common for us to experience emotional ups and downs during our life. But when we feel down, stressed and sad for longer periods of two weeks or more and find this has an impact on our everyday lives, then it could be we are suffering from depression.

Depression is typically characterised by extended periods of low energy and mood, low self-esteem, and loss of interest or pleasure in normally enjoyable activities. Symptoms include:

- Regularly feeling sad and tearful
- Having a lack interest in things we previously enjoyed
- Feeling tired, low on energy or exhausted
- Difficulty concentrating
- Feeling irritable or upset easily
- Being overly self-critical
- Eating more or less than we usually do
- Suffering from unusual aches and pains or illness
- Difficulties in getting off to sleep or waking up much earlier than usual
- Loss of self-confidence and self-esteem
- Wanting to withdraw from the world
- Feelings of helplessness and hopelessness
- Finding it hard to cope generally with life
- Feeling really anxious
- Developing self-harming issues
- Thinking about suicide and death

As we can see, there is a lot of overlap between symptoms of both conditions. It's important to remember that both can be treated and managed, whether we suffer them together at the same time, or individually.

What causes anxiety and depression?

Often, the two conditions are triggered by similar events, such as:

- Suffering trauma in childhood or as an adult
- Abuse
- Illness
- Bereavement
- Genetic factors

How can ListnHeal.Me help?

Counselling can help you make sense of the heavy feelings that come with anxiety or depression. Whether it's constant worry, low mood, or feeling stuck and overwhelmed, therapy offers a space to slow down and be heard. Together, we explore what's beneath the surface—gently uncovering patterns, triggers, and unmet needs. Through a supportive and non-judgmental relationship, you can begin to build emotional resilience, develop healthier ways to cope, and reconnect with a sense of hope and possibility.