



# Conquering the Culprits: Stress, Anxiety, and Depression

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# WORKSHOP OBJECTIVES

- This session will address tools and techniques which can be used to identify and develop emotional resilience as a precursor to successfully overcoming behaviors and encounters which frequently cause stress, anxiety and depression.
- The attendees will be able to learn strategies to impede the "S.A.D. Effects."





# DEFINING ANXIETY

Distress or uneasiness of mind caused by fear of danger or misfortune.

*Psychiatry:*  
A state of apprehension and psychic tension occurring in some forms of mental disorder.

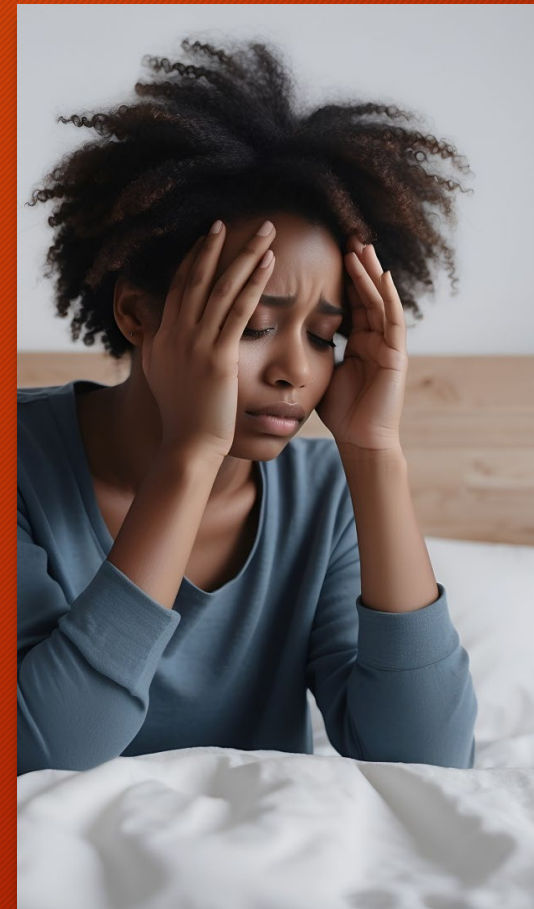


# DEFINING DEPRESSION

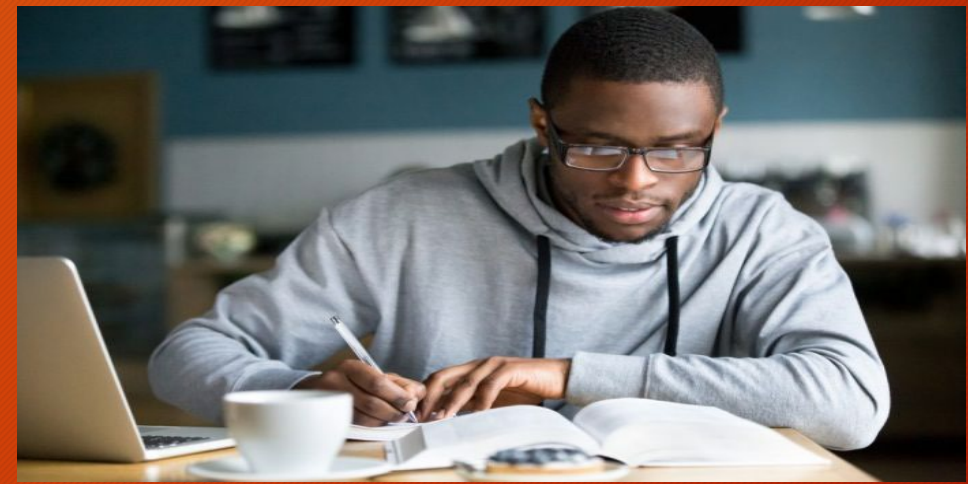
Sadness, gloom, dejection,  
despondency, discouragement

Psychiatry:

A condition of general emotional  
dejection and withdrawal;  
sadness greater and more  
prolonged than that warranted by  
any objective reason.



# DIFFERENCES BETWEEN **STRESS**, ANXIETY, AND DEPRESSION



- Stress is a natural response to external pressures or demands. It can be caused by various factors such as work, relationships, or life events.
- **Characteristics:**
  - **Temporary:** Stress is usually short-term and occurs in response to specific situations.
  - **Physical Symptoms:** It can manifest as physical symptoms like muscle tension, headaches, or fatigue.
  - **Triggered by Stressors:** Stress arises due to stressors (external events or circumstances).
- **Outcome:** When the stressor is resolved, stress typically diminishes.

# DIFFERENCES BETWEEN STRESS, ANXIETY, AND DEPRESSION

- Anxiety is excessive worry or fear about future events or situations. It goes beyond normal concern and can significantly impact daily life.
- Characteristics:
  - **Persistent:** Anxiety persists over time and affects various aspects of life.
  - **Emotional and Cognitive:** Anxiety involves emotional distress, racing thoughts, and apprehension.
  - **Physical Symptoms:** Physical symptoms may include restlessness, heart palpitations, and shortness of breath.
  - **Outcome:** Anxiety can lead to chronic anxiety disorders if left untreated.



# DIFFERENCES BETWEEN STRESS, ANXIETY, AND **DEPRESSION**

- Depression is more than just feeling sad. It's a clinical condition characterized by persistent low mood and loss of interest.
- **Characteristics:**
  - **Severity:** Depression symptoms are severe and persistent, lasting for weeks or months.
  - **Emotional Impact:** Feelings of hopelessness, sadness, and worthlessness.
  - **Functional Impairment:** Depression affects daily functioning, including work, relationships, and self-care.
- **Outcome:** Treatment is essential to manage depression effectively.



# Comparative Summary

- **Stress** is a short-term response to stressors.
- **Anxiety** involves excessive worry and emotional distress.
- **Depression** is a clinical condition with severe and persistent symptoms.



# CONQUERING THE CULPRITS: Stress, Anxiety, and Depression

## Multidimensional Self-Care: Six Dimensions of Self-Care and Mental Health for Faculty & Students



Taking care  
of your mind &  
thoughts

Taking care of  
your physical  
health & body

### Self-Care

Increasing your  
own well-being through self-  
care behaviors

Taking care  
of your spiritual  
health

Taking care of  
your emotions

# Multidimensional Self-Care: Six Dimensions of Self-Care & Mental Health for Students and Faculty



- **Relational:** You are a social creature, which means you have an innate need to connect with a community to satisfy needs for friendship, sex, and conversation. Social connectedness is powerfully connected to our well-being.
- **Emotional:** Satisfying your intellectual needs is important, but you are not a brain in a vat. You are an emotional being. To be a well-rounded person making a balanced investment, you must attend to your emotional needs.
- **Occupational:** Outside of sleeping, work is most likely one of the activities that consume most of your time over the course of your lifespan. Therefore, what you do for work and your level of enjoyment at work has a big impact on your life.

# Multidimensional Self-Care: Six Dimensions of Self-Care



- **Physical:** Eating right, exercising regularly, being active, receiving proper medical care, and getting enough sleep are important investments in your physical health.
- **Spiritual:** You may not be religious, and that's OK, but we all have spiritual needs. We all desire to experience moments of transcendence, peace, and purpose. These are meaningful elements of the human experience and are deeply connected with our overall well-being and emotional health.
- **Intellectual:** Feeding your mind is just as important as feeding your stomach. Your mind hungers for new information, insight, knowledge, and wisdom.



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The logo for Eastern Florida State College, featuring the letters "EF" in blue above "SC" in green, both in a bold, serif font.

