

How are anxiety and depression different?

Depression and anxiety are two different mental health conditions, but they often occur together. Depression is characterized by feelings of sadness, hopelessness, and a loss of interest in activities that were once enjoyable. On the other hand, anxiety is characterized by excessive worry, fear, and apprehension.

There are many variations of both anxiety and depression. Anxiety can be a temporary excessive worry or unease, or it can be a more persistent or recurrent psychiatric disorder. Anxiety refers to fearfulness due to a stressful situation. People may experience fear of injury, illness or death, dizziness, sweating, rapid breathing and may be irritable

The term depression is often loosely used to describe when someone is just feeling down or sad about a situation. The psychiatric definition of depression depends upon specific symptoms. Depression is a persistent feeling of sadness. A depressed person will have decreased energy, loss of interest in doing things they used to love doing, sleeping difficulties, and may also have suicidal thoughts.