

Anxiety and Depression



Anxiety and Anxiety Disorder: What is the difference?

Anxiety is the body's natural response to stress. It helps us react to perceived danger. For example, if you are starting a new job, waiting for medical results, or driving in bad weather, you may feel anxious. These situations or things that trigger anxiety can differ from person-to-person.

It is common to feel anxious sometimes. If your anxious feelings persist and negatively affect your daily life; it may be a sign to connect to support. Talk to your primary healthcare provider or mental health professional to investigate the possibility of an anxiety disorder. Common types of anxiety disorders are generalized anxiety disorder, panic disorder, social anxiety disorder, and obsessive-compulsive disorder.

Sadness and Depression: What is the difference?

A depression disorder is a common mental illness diagnosed by a medical professional. It severely impacts how a person feels, thinks, and functions in daily activities, such as sleeping, eating, or working. Common types of depressive disorders include major depressive disorder, Premenstrual Dysphoric Disorder (PMDD), and seasonal affective disorder.

Unlike a depression disorder, sadness is an emotion, not an illness. We all experience sadness from time-to-time in response to problems, disappointment, and/or loss. Typically, feelings of sadness fade quickly and do not interfere with daily life. If unusual feelings persist and negatively affect your daily life, it may be a sign to connect with support.

Healthy Minds @ Magna

May marks the start of the Healthy Minds @ Magna mental health campaign aimed at increasing awareness and de-stigmatizing mental health and mental illness. Here is what you can look forward to over the next few months:

- Weekly mental health articles for the month of May - posted to magnawellness.com.
- Virtual mental health panel: employees shared real-life mental health experiences with the presence of expert insight from a psychologist – recording available on MyLife.
- Good for You Newsletter focused on mental health and resilience – available in July (in-print for Canadian divisions or found online at magnawellness.com under the 'Newsletter' header).

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