

# Difference between depression and anxiety

**Anxiety and depression are two of the most common mental health issues. However, there are differences between anxiety and depression and each one has different symptoms.**

## What is anxiety?

Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations. It's the sense of uneasiness, distress, or dread you feel before a big event. Anxiety may revolve around many things such as work, social interactions, and everyday situations. Symptoms of anxiety include:

- Feeling restless or wound up
- Becoming easily tired
- Difficulty concentrating
- Irritability
- Muscle tension
- Uncontrollable feelings of worry
- Difficulty sleeping or staying asleep

Many of these symptoms can get in the way of a person's daily activities such as their schoolwork, job, responsibilities at home, and relationships.

## What is depression?

Similar to anxiety, depression also negatively affects your mood. However, depression creates feelings of sadness, hopelessness, and loss of interest. While it is common to experience these feelings now and then, depression is something that lasts longer and impacts how you function. Symptoms of depression include:

- Feelings of sadness
- Loss of interest in daily activities or activities once enjoyed
- Appetite changes
- Difficulty sleeping or oversleeping
- Low energy
- Pacing or leg shaking
- Slow movements and speech
- Feeling worthless
- Difficulty thinking or concentrating
- Thoughts of death or suicide

Depression symptoms will be different from person to person and the duration of these symptoms will be different for each person as well.

## Key Differences

- Depression is considered a mood disorder while anxiety is not.
- Anxiety does not create the prolonged low moods associated with depression.
- Symptoms of each disorder are different.
- Anxiety can be treated in a shorter amount of time while those struggling with depression may need longer time in treatment.

## Get help

Are you struggling with depression or anxiety? Parkland's Behavioral Team can help. Contact your child's Parkland primary care provider and request behavioral health services.



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