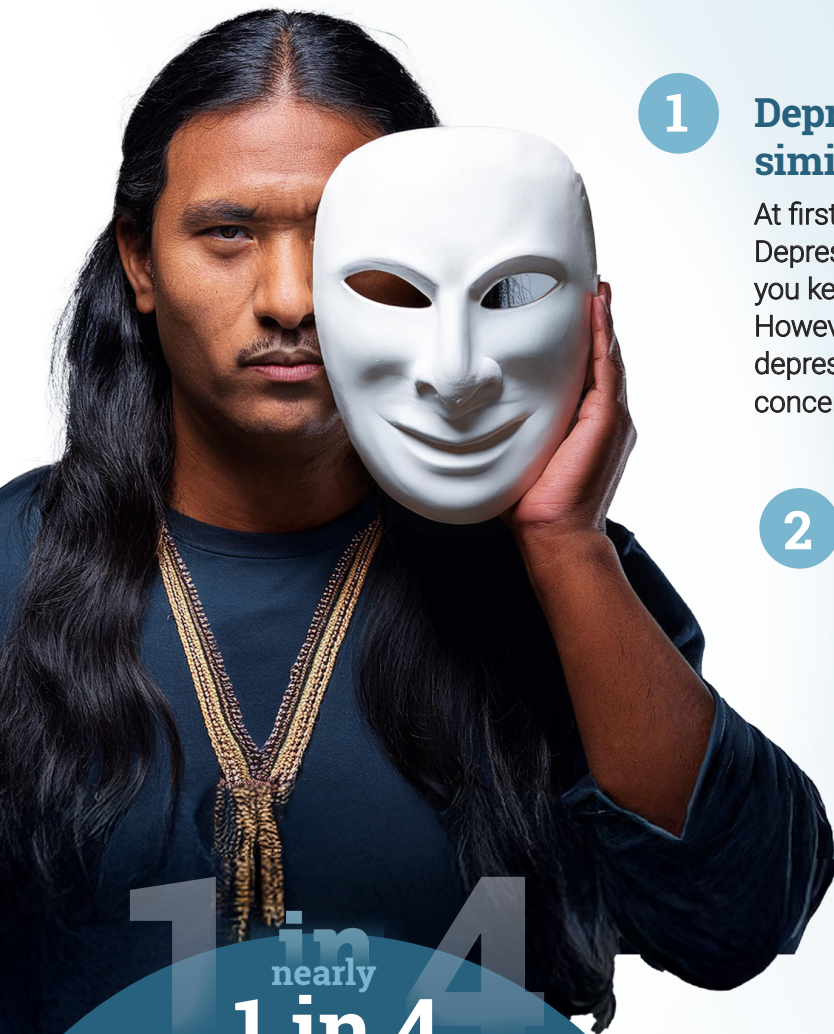


Understanding the difference between depression and anxiety

Feeling down or anxious? You're not alone. More than [23% of U.S. adults live with a mental illness](#). But, despite how common these issues are, many people mask to hide their symptoms or ignore them altogether instead of seeking care.

If you think you may be dealing with depression or anxiety, it's important to understand your symptoms and seek help. The following information can help you better understand what's under your mask, so you can seek out the right resources to help you feel better faster:



1 Depression and anxiety can share similar symptoms.

At first glance, depression and anxiety seem like opposites. Depression makes you sluggish and sad, and anxiety makes you keyed up and nervous, right? In some people, yes. However, there are common symptoms shared by both depression and anxiety. Irritability, restlessness, difficulty concentrating, and excessive worrying are just a few.

2 Many people have both.

Depression and anxiety are often co-occurring conditions, meaning they can strike at the same time. This may look like:

- Feeling lonely but also too anxious to socialize.
- Waking up exhausted but also being unable to sleep at night.
- Struggling to be productive but also scared to fail.
- Using work to escape but not being able to concentrate.
- Not caring about anything but also somehow worried about everything.

1 in 4
nearly
1 in 4
South Dakota adults
have a mental illness

Source: [SD Behavioral Health 2024 Executive Summary](#)

continued on the next page



3 Depression and anxiety have the same causes.

We're all susceptible to depression and anxiety, but some people may be more at risk due to genetics, medical history, past traumas, and age. It's not a matter of mental toughness; the cause of these two conditions can depend entirely on your brain.

4 Both conditions feed off each other.

Left untreated, depression and anxiety can form a self-sustaining loop. For example, someone going through a divorce may feel anxious about the future. The ongoing stress and anxiety of the process could then cause them to slide into depression and so on. It's important to recognize these patterns, so you can take steps to break the cycle.

5 Both have the same treatments.

Depression and anxiety both respond to the same treatments.

This can include a combination of talk therapy, medications, rest, exercise, and spending time with people you care about. The key is finding a balance that feels right to you; working with your doctor can help.

Get expert care

Take advantage of the confidential, no-cost Wellmark® Mental Health Case Management services available through your State of South Dakota medical plan. Services include:

- Working to help you better understand your condition.
- Providing resources and education.
- Helping you navigate the complex health care system.

Contact a case manager directly at 800.410.4134 or take a confidential screening within the **Well-being** tab of your **myWellmark®** account.

You are not alone – we're here to help!

You have extensive State of South Dakota mental health benefits available to you and your covered family members – learn about them through your Mental Health Resource Guide. Within it, you'll find support information for managing stress, depression, anxiety, and more.

