

What type of fear is anxiety?

02:54

Anxiety is maladaptive fear. So it doesn't help us. It actually hurts us. It's fear that makes us stay inside and not go see our friends. It's fear that makes us not engage in things that would bring us happiness. It's fear that makes us isolated and alone. So anxiety is just kind of fear on steroids. But it's not just that it's fear that has overstayed its welcome.

How does someone with depression feel?

03:22

When you have depression, you don't feel sad, irritable or mad only in response to things that would make you feel sad, irritable or mad, or would make anyone feel like that. You have it in response to lots of things. Or you might just feel down all the time, and you can't figure out why am I feeling like this? I often explain it as like thinking through mud, functioning through mud, like everything's just heavier, the weight of the world is heavier, it's harder to think it's harder to get your body up to do something. And we all have days where we feel like that. But depression is feeling like that for a longer amount of time, and where it doesn't seem to go away.

Can anxiety or depression lead to one another?

04:06

Does exercise help with depression and anxiety?

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Exercise can help with depression, anxiety, yes, absolutely. It's really important. We know that 10 to 20 minutes of vigorous exercise can release endorphins and release those neurotransmitters, it can boost your serotonin production. So if you're having a really bad moment, or a really bad day, or you're feeling low, or you're in the midst of a depression, if you can get yourself to just go do 10 to 20 minutes of vigorous exercise. Now that can be hard because you're thinking through mud. But if you can get yourself to do that, it actually will release the hormones, those neurotransmitters that we're targeting with many of the medications.

Does regular exercise also improve overall mental health?

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Another important point about exercise in general, is the idea of

some boundaries that you can set that would be helpful for you both for yourself to get up and go do some exercise, take a walk, call a friend, but also say, Well, I'm really not happy in this job, maybe I need a change, or I'm really not happy. And with this friendship, every time I have a conversation with this person, I feel worse about myself. So first kind of looking at your life and saying are there obvious things that I know make me happy that I'm not doing? Or are there obvious things that I know are making me unhappy, and I don't have to do them anymore. So I think that's important. But then really talking with your primary care clinici12 0 612 792 reW*nd I don