

Take a moment ... to learn about depression and anxiety

None of us is happy all the time. We get sad when we lose a loved one or fail at a work assignment. We get anxious when we have to make a presentation or meet with our boss about that failed work assignment. But those feelings—no matter how painful—are temporary.

Depression and anxiety are different. They are longer-term mental illnesses that don't always just go away when circumstances change. If you don't seek help, they can linger for years, affecting your ability to function and even leading to suicide.

What is depression?^{24,25,26,27}

Depression is a medical condition that adversely affects how you think, feel and act. It's a common mental disorder, affecting 322 million people of all ages around the world; that's about 4.4% of the world's population. Females experience depression more than males.

You can think of depression as sadness that is so overwhelming and so long lasting that it affects every area of your life. You can think of depression as sadness that is so overwhelming and so long lasting that it affects every area of your life.

- Your work is suffering.
- Your relationships are suffering.
- You have trouble sleeping (or you sleep too much)
- You have trouble eating (or you eat too much).
- You're irritable, restless and indecisive.
- You feel guilty or worthless.
- You lose interest in activities you once enjoyed.
- You find yourself thinking a lot about death and dying, even to the point of contemplating suicide.

Left untreated, depression can become debilitating. In fact, it's the leading cause of disability worldwide.

If you've felt depressed for more than two weeks or are thinking about harming yourself, call your local emergency response number immediately.

24 <https://www.healthline.com/health/depression/depression-vs-sadness#symptoms>

25 <https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf>

26 <https://www.aetna.com/health-guide/infographic-depression-anxiety-guide.html>

27 <https://www.psychiatry.org/patients-families/depression/what-is-depression>

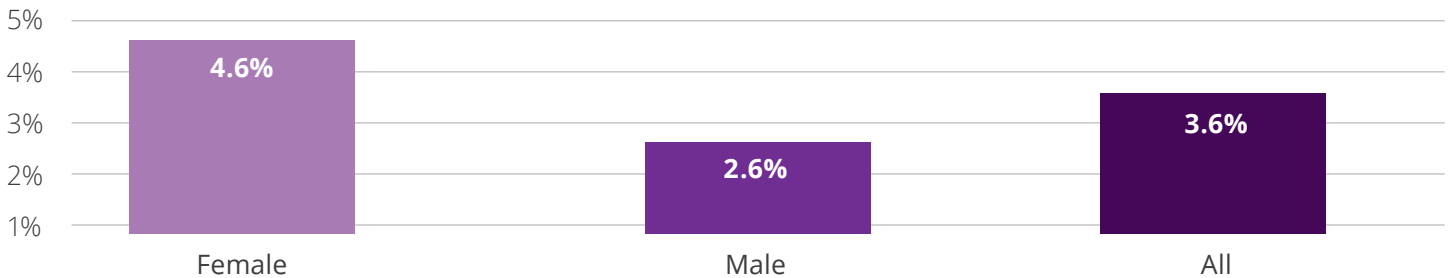


What is anxiety?^{28,29,30}

Like depression, anxiety is quite common. It affects 264 million people, or about 3.6% of the world's population. Females are affected more often than males.

People with anxiety disorders are afflicted with long-lasting, overwhelming worries. These range from worries about common issues like health and relationships to phobias about things that pose no real danger. Some people have panic attacks, which are sudden bouts of intense fear.

Anxiety by Gender (% of World Population)



You may have an anxiety disorder if:

- You worry excessively about various topics.
- You worry about things that are unlikely to happen.
- You can't control your worrisome thoughts.
- You feel edgy, irritable, restless or more fatigued than usual.
- You have trouble sleeping.
- You have trouble concentrating.
- You have trouble handling day-to-day functions.
- You experience increased muscle ache or soreness.

Like depression, anxiety can last for years if left untreated. Fortunately, it's among the easiest mental health problems to treat.

If you've felt anxious for more than six months or are thinking about harming yourself, get help immediately.

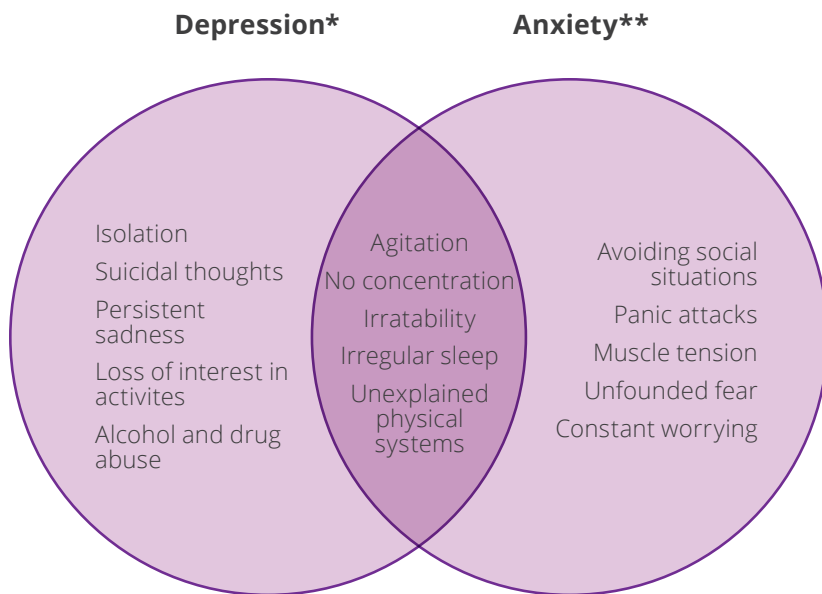
28 <https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf>

29 <https://medlineplus.gov/anxiety.html>

30 <https://newsinhealth.nih.gov/2016/03/understanding-anxiety-disorders>

The intersection of depression and anxiety

While depression and anxiety are different disorders, they share some symptoms in common



*Symptoms must be present for more than two weeks

** You must experience three or more symptoms on most days for at least six months.

If you are thinking about harming yourself, seek help immediately.

Next steps to take

If you are thinking about harming yourself, seek help immediately.

To find out if you might be depressed, take this simple 10-question assessment:

<https://www.aetna.com/individuals-families/mental-emotional-health/depression-assessment.html>

To find out if you might have anxiety, take this simple seven-question assessment:

<https://www.aetna.com/individuals-families/mental-emotional-health/anxiety-check.html>

In our hectic lives, we often neglect our mental health. That's why it's so important to take a moment to think about this important aspect of overall health. At our Mental health resources hub, you can find the information to prevent and manage mental health conditions.

Also, Aetna International members can access the Health Hub—register if you haven't already—to quickly find self-care tools, professional services, member offers, and to submit and track claims and more. Within the Health Hub, you can learn more about the Wysa app, which offers instant access to AI-driven mental well-being support. The app is free for members to download and includes a free one-on-one session with a human coach. For more information about your health care benefits, contact your plan sponsor or one of Aetna International's expert sales consultants for group business or individuals and families.

Take a moment...Discover. Breathe. Heal.

Mental health support resources: <https://www.aetnainternational.com/en/about-us/explore/workplace-mental-health-support-resource.html>

Health Hub: <https://www.aetnainternational.com/members/login.do>

[AetnaInternational.com](https://www.aetnainternational.com)

