

# Anxiety & Depression

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**Anxiety:** Anxiety can be normal in stressful situations such as public speaking or taking a test. Anxiety is considered normal and adaptive when it serves to improve peoples' functioning and/or wellbeing. In contrast, abnormal anxiety is a chronic condition that impairs peoples' functioning and interferes with their well-being. Anxiety is only an indicator of underlying disease when feelings become excessive, all-consuming, and interfere with daily living. Intense, excessive, and persistent worry and fear about everyday situations.

**Depression:** Sadness is a human emotion that all people feel at certain times during their lives. Feeling sad is a natural reaction to situations that cause emotional upset or pain. There are varying degrees of sadness. But like other emotions, sadness is temporary and fades with time. In this way, sadness differs from depression. Depression is a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

[See also the difference between sadness and depression](#)

## Science:

- About 1 in 5 adults had any anxiety disorder in the past year.
- About 1 in 10 adults are diagnosed with depression
- About 60% of those with anxiety will also have symptoms of depression and vice versa
- Antidepressant drugs are prescribed in Utah more often than any other state at a rate of nearly twice the National average.
- Utah high school students reported the following:
  - 36.7% felt sad or hopeless.
  - 22.3% seriously considered attempting suicide.
- In 2020, suicide was the leading cause of death in Utahns ages 10-24

**Research has shown the following behaviors may be helpful in treating anxiety and depression:**

- Increased physical activity and exercise
- Adequate sleep; develop good sleep habits
- Eat healthy foods; stay away from processed food
- Practice gratitude in all things
- Utilizing breathing techniques, meditation and relaxation
- Find a counselor that works well for you
- Find time for family activities and meals together

**What support for anxiety and depression does the church have?**

Gospel Library > Life Help > Mental Health

[Mental Health General Principals](#)

[Help For Me](#)

[Help For Parents and Families](#)

[Help For Someone Else: Leaders](#)

[Where to Learn More](#)



## Gospel Library > Life Help > Self Reliance > Finding Strength in the Lord: Emotional Resilience

"We invite you to diligently study and apply these principles and teach them to your family members. As you do so, your life will be blessed. You will learn how to act on your path toward greater self-reliance. You will be blessed with greater hope, peace, and progress." The First Presidency

[Building Emotional Strength in the Lord](#)

[Healthy Thinking Patterns](#)

[Our Bodies and Emotions](#)

[Managing Stress and Anxiety](#)

[Understanding Sadness and Depression](#)



### Other Church Resources That May Be Helpful

["Like a Broken Vessel"](#) Holland Nov 2013 Ensign

["The Master Healer"](#) Stephens Nov 2016 Ensign

["Broken Things To Mend"](#) Holland May 2006 Ensign

["Addressing Mental Health"](#) Kopiske Nov 2021 Liahona

["Waiting on the Lord"](#) Holland Nov 2020 Liahona

### Focus on the Savior

The atonement of Jesus Christ is infinite and eternal! Jesus Christ did not descend to the level of our trials, hardships, disabilities and sins; He descended below all things. He has the ability to buoy us up. He is a steadfast foundation; the rock of our salvation.

The prophet Isaiah teaches the atonement of Jesus Christ has the ability to make beauty from ashes. What we see as completely ruined, destroyed or burned to ashes, Jesus Christ will restore and make more beautiful than we can imagine.

Our witness of Jesus Christ's ability to comfort, save, and redeem, is beautifully stated by Elder Jeffrey R. Holland: "Trust in God. Hold on in His love. Know that one day the dawn will break brightly and all shadows of mortality will flee. Though we may feel- we are "like a broken vessel," as the Psalmist says, we must remember, that vessel is in the hands of the divine potter. Broken minds can be healed just the way broken bones and broken hearts are healed. While God is at work making those repairs, the rest of us can help by being merciful, nonjudgmental, and kind.

We testify of the Holy Resurrection, that unspeakable cornerstone gift in the Atonement of the Lord Jesus Christ! With the Apostle Paul, we testify that that which was sown in corruption will one day be raised in incorruption and that which was sown in weakness will ultimately be raised in power. We bear witness of that day when loved ones whom we knew to have disabilities in mortality will stand before us glorified and grand, breathtakingly perfect in body and mind. What a thrilling moment that will be! We do not know whether we will be happier for ourselves that we have witnessed such a miracle or happier for them that they are fully perfect and finally "free at last." Until that hour when Christ's consummate gift is evident to us all, may we live by faith, hold fast to hope, and show "compassion one of another," we pray, in the name of Jesus Christ, amen."