Recognizing and managing depression and anxiety

Depression and anxiety in arthritis patients are underdiagnosed and many of those affected don’t receive mental health treatment, which could potentially help with their arthritis related symptoms. There are many ways to prevent and manage depression and anxiety. It is important to understand that it is not your fault you are depressed and that you are not alone in your disease journey. One step in self-care for patients is to be aware of the signs of depression:

- Eating more or less than usual
- Being angry when your body can no longer do what you want it to do
- Feeling that you are a burden on others
- Having little energy
- Thinking things will never get better
- Feeling lonely or isolated
- Having a hard time making decisions
- Having thoughts of suicide
- Getting frustrated at having to ask for help
- Sleeping more or less than usual
- Crying more easily
- Having little interest in sex
- Feeling overwhelmed by simple tasks or responsibilities

Information retrieved from the Vancouver Costal Health, Mary Pack Arthritis Program website.