

Bear Wellness

“In any given moment, we have two options: to step forward into growth or to step back into safety.”

*Bear Wellness
quote of the
month*

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, you are not the rain”

Anxiety and Depression: What are the Possible links?

Although clearly not identical emotional states, mental health research suggests that depression and anxiety often coexist because they can be caused by the same or similar factors.

•**Genetic Factors**-Genetic factors contribute to 40 percent of the predisposition to depressive and anxious symptoms, with 60 percent being attributed to environmental, non-inherited factors.

•**Environmental Factors**- Also referred to as social factors, these include experiences like trauma or neglect in early childhood, and current stressors such as relationship difficulties, unemployment, social isolation, and physical illness. People who have post traumatic syndrome disorder (PTSD), an anxiety disorder, are particularly likely to also develop depression,.

•**Pain** –Chronic pain, and particularly disabling pain syndromes such as fibromyalgia, irritable bowel syndrome (IBS), low back pain, headaches, and nerve pain, are closely linked to psychological distress, including both anxiety and depression.

