
Mental Health Awareness

Depression, Anxiety and Grief
Signs, Symptoms and Support Resources

Carrie Breedlove MS, LPC
EMDR Certified

May 20, 2023

BreedloveCounseling.com



Agenda

01 Signs and Symptoms: Grief

02 Signs and Symptoms: Depression

03 Signs and Symptoms: Anxiety

04 Support Resources

01 Grief

Grief is a multifaceted and natural response to a significant loss, involving emotional, spiritual, physical, cognitive, and behavioral reactions. Grief is a unique and individual experience.

Psalm 6:6

"I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears."

Psalm 73:21-22

"When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you."

Psalm 102:6-7

"I am like a desert owl, like an owl among the ruins. I lie awake; I have become like a bird alone on a roof.

Psalm 38:4

"My guilt has overwhelmed me like a burden too heavy to bear."

Psalm 88:18

"You have taken from me friend and neighbor—darkness is my closest friend."

01 Signs and Symptoms: Grief

Physical

- Fatigue, exhaustion, and low energy
- Sleep disturbances
- Changes in appetite and weight
- Headaches, stomachaches, and other physical discomforts



01 Signs and Symptoms: Grief



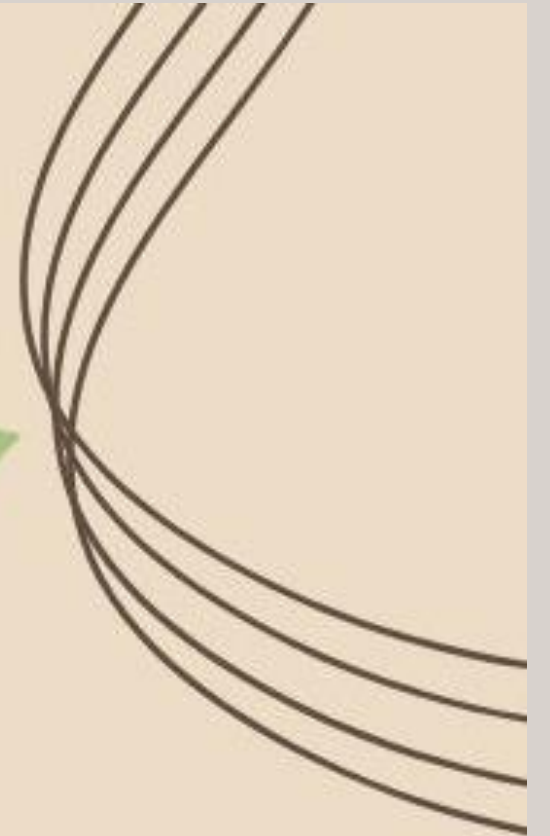
Emotional

- Intense sadness and sorrow
- Shock, disbelief, and feeling numb
- Anger, irritability, and frustration
- Guilt and self-blame
- Anxiety, restlessness, and worry
- Emotional ups and downs
- Yearning and longing
- Sense of emptiness

01 Signs and Symptoms: Grief

Cognitive

- Difficulty concentrating and making decisions
- Memory problems
- Preoccupation with the loss
- Questioning beliefs and meaning



01 Signs and Symptoms: Grief



Behavioral

- Social withdrawal and isolation
- Reduced interest in activities
- Intense sensitivity and emotional reactivity
- Waves of grief
- Longing for normalcy

01 Signs and Symptoms: Grief

Spiritual

- Questioning or re-evaluation of faith, beliefs, doubts
- Loss of meaning and purpose, emptiness, loss of direction
- Anger towards God, resentment
- Searching for meaning and understanding
- Feelings of abandonment, disconnect



02 Depression

Depression is state of intense emotional and spiritual struggle, often accompanied by feelings of hopelessness and a sense of being overwhelmed by life's difficulties. It involves a profound sense of sadness and a loss of joy and purpose.

Job 3:26

"I have no peace, no quietness; I have no rest, but only turmoil."

Job 7:11

"Therefore I will not keep silent; I will speak out in the anguish of my spirit, I will complain in the bitterness of my soul."

Ecclesiastes 1:2

"Meaningless! Meaningless!" says the Teacher. "Utterly meaningless! Everything is meaningless."

Psalms 42:5

"Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Savior and my God."

Psalms 116:3-4

"The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow.
Then I called on the name of the LORD: 'LORD, save me!'"

02 Signs and Symptoms: Depression

Physical

- Fatigue and low energy levels
- Significant changes in appetite and weight (either significant weight gain or weight loss)
- Disturbed sleep patterns (insomnia or excessive sleeping)
- Slowed movements and speech
- Physical aches and pains with no apparent medical cause



02 Signs and Symptoms: Depression



Emotional

- Prolonged sadness or a feeling of being emotionally "numb"
- Irritability, restlessness, or agitation
- Loss of interest or pleasure in previously enjoyed activities
- Increased sensitivity to rejection or criticism
- Anxiety, worry, or feelings of excessive guilt

02 Signs and Symptoms: Depression

Cognitive

- Persistent feelings of sadness, emptiness, or hopelessness
- Difficulty concentrating, making decisions, or remembering things
- Negative thoughts, self-criticism, and excessive guilt
- Reduced ability to think clearly or make judgments
- Suicidal thoughts or preoccupation with death



02 Signs and Symptoms: Depression

An illustration of a daisy flower with a yellow center and white petals, and a green leaf with several veins, set against a light beige background.

Behavioral

- Social withdrawal and isolation from friends, family, and social activities
- Decreased productivity and lack of motivation
- Changes in appetite or weight (overeating or loss of appetite)
- Neglecting personal hygiene or appearance
- Engaging in self-destructive behaviors or substance abuse

02 Signs and Symptoms: Depression

Spiritual

- Loss of meaning or purpose in life
- Feelings of disconnectedness or alienation from oneself, others, or God
- Questioning one's beliefs or faith
- Difficulty finding solace or comfort in spiritual practices or activities
- Sense of hopelessness or despair about spiritual matters



02

Signs and Symptoms: Depression in Teens

Physical Symptoms:

- headaches or stomachaches without a clear medical

Cognitive Symptoms:

- poor academic performance or a sudden drop in grades

Emotional Symptoms:

- irritability, mood swings, and frequent crying spells

Behavioral Symptoms:

- restlessness or agitation

Spiritual Symptoms:

- may struggle more with questions about identity and beliefs

03 Anxiety

Anxiety is a physiological and emotional response about real or perceived threats, often involving excessive concern or fear about future circumstances, personal needs, or uncertainties. Worry is often linked with a lack of trust in God's provision and care .

Psalm 55:4-5

"My heart is in anguish within me; the terrors of death have fallen on me.
Fear and trembling have beset me; horror has overwhelmed me."

Psalm 38:8

"I am feeble and utterly crushed; I groan in anguish of heart."

2 Corinthians 7:5

"For when we came into Macedonia, we had no rest, but we were harassed at every turn—
conflicts on the outside, fears within."

Psalm 69:1-3

"Save me, O God, for the waters have come up to my neck. I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me. I am worn out calling for help; my throat is parched. My eyes fail, looking for my God."

03 Signs and Symptoms: Anxiety

Physical

- Rapid heartbeat or palpitations
- Shortness of breath or difficulty breathing
- Muscle tension or aches
- Fatigue or low energy levels
- Sweating or trembling
- Upset stomach, nausea, or digestive issues
- Headaches or migraines
- Insomnia or difficulty falling asleep



03 Signs and Symptoms: Anxiety



Emotional

- Feelings of restlessness or irritability
- Feeling overwhelmed or a sense of impending doom
- Increased sensitivity to stimuli or being easily startled
- Constant feelings of tension or unease
- Mood swings or emotional instability
- Feelings of fear or panic without a clear cause

03 Signs and Symptoms: Anxiety

Cognitive

- Excessive worry or apprehension
- Racing or intrusive thoughts
- Difficulty concentrating or feeling easily distracted
- Restlessness or feeling on edge
- Catastrophic thinking or anticipating the worst outcome
- Irrational fears or phobias
- Memory problems or forgetfulness



03 Signs and Symptoms: Anxiety

A stylized illustration of a daisy flower with a yellow center and white petals, set against a light beige background. To the left of the flower is a dark brown, curved line representing a leaf or stem. The overall design is clean and modern.

Behavioral

- Avoidance of situations that trigger anxiety
- Social withdrawal or isolation
- Compulsive behaviors or rituals (e.g., excessive handwashing, checking)
- Agitation or fidgeting
- Difficulty initiating or completing tasks
- Nail-biting or other nervous habits
- Changes in appetite or eating patterns

03 Signs and Symptoms: Anxiety

Spiritual

- Questioning one's beliefs or faith due to anxiety-related doubts or fears
- Difficulty finding solace or calmness in spiritual practices
- Feeling disconnected from God
- Sense of guilt or self-blame related to spiritual beliefs



03 Signs and Symptoms: Anxiety in Teens

Physical Symptoms:

- frequent headaches or migraines
- restlessness and fidgeting

Cognitive Symptoms:

- heightened worries and fears about academic performance or social interactions
- more difficulties expressing their thoughts or ideas due to anxious thoughts

Emotional Symptoms:

- increased irritability, anger, or mood swings
- greater sense of fear or apprehension related to specific situations or activities, such as school or social events

Behavioral Symptoms:

- Avoidance of social situations or withdrawal from activities and hobbies
- excessive reassurance-seeking behaviors from parents, teachers, or peers

Spiritual Symptoms:

- anxiety-related questions about identity and purpose
- challenging to find solace or peace in spiritual or religious practices during times of stress or anxiety.

04 Support Resources

04 Support Resources

- Local counseling search - Psychology Today

The screenshot shows the Psychology Today website interface. At the top, there is a blue navigation bar with the Psychology Today logo, a search bar for therapists, and buttons for 'Log In' and 'Sign Up and Get Listed'. Below the navigation bar, there is a secondary menu with options like 'Therapists', 'Online Therapy', 'Psychiatrists', 'Treatment Centers', and 'Support Groups'. The main content area shows a breadcrumb trail: 'Home > Texas > Denton County > Corinth'. The title of the page is 'Therapists in Corinth, TX'. Below the title, there are several filter buttons: 'Issues', 'Insurance', 'Gender', 'Types of Therapy', 'Age', 'Price', and 'More...'. The 'Types of Therapy' filter is currently selected and its dropdown menu is open, showing a list of therapy types: Cognitive Behavioral (CBT), Family Therapy, Trauma Focused, Mindfulness-Based (MBCT), EMDR, Dialectical Behavior (DBT), Emotionally Focused, Attachment-based, Christian Counseling, Acceptance and Commitment (ACT), Play Therapy, Internal Family Systems (IFS), Psychodynamic, Somatic, Psychoanalytic, and Hypnotherapy. A 'Show More Types of Therapy' link is also visible at the bottom of the dropdown menu.

Jun

04 Support Resources

- Low Cost Counseling Resources
BREEDLOVECOUNSELING.COM

Jun



The image shows a screenshot of a website page titled "RESOURCES". The page features a central white box with a yellow border, set against a background of a tree trunk on the left and a forest scene on the right. The text on the page is as follows:

RESOURCES

COMMUNITY RESOURCE PACKET

LOW COST COUNSELING RESOURCES

CRISIS INTERVENTION SERVICES

1-800-273-8255 (NATIONAL LIFELINE)

CRISIS TEXT LINE: TEXT "HOME" to 741-741

DENTON COUNTY PSYCHIATRIC TRIAGE
2509 Scripture St. Denton, TX. 76201
940-381-9965

04 Support Resources

- LIFELINE 800-273-8255 | 988
- CRISIS TEXT LINE: TEXT “HOME” TO 741-741
- L.O.S.S. Team (Local Outreach to Suicide Survivors)
dentoncountylossteam.org
- Touched by Suicide - touchedbysuicide.net
- Carson’s Village - carsonsvillage.org

Jun

C5 Connect with Carrie



www.breedlovecounseling.com

940-448-0298

carrie@breedlovecounseling.com

Women 25-65

Life transitions and life losses

Christian based | EMDR

Telehealth | In person in Lake Dallas

*Helping women find joy on their unchosen journey
through Christian based therapy.*

