

Anxiety Cases have quadrupled in the first half of 2020.

‘New statistics indicate that anxiety and depression numbers have quadrupled since late July last year.’



Los Angeles, Aug 10, 2020 ([Issuewire.com](https://www.issuewire.com)) - Anxiety Cases have quadrupled in the first half of 2020.

Nearly 36 percent of Americans reported feeling an overwhelming sense of anxiety in the first half of 2020, compared to 8.2 percent for January–July 2019. Depression is also on the increase with 30 percent of Americans reporting symptoms, compared to 6.6 percent last year based on a recent NCHS and Census Bureau’s [Household Pulse Survey](#).

Up until June 2020, an additional 169,000 people have been screened for anxiety and depression. This is up over 400 percent since January 2020. The mental health of our young is at risk with 9 out of 10 people showing signs of moderate to severe depression and 8 out of 10 showing signs of anxiety. A [Survey from Mental Health America](#) shows alarming statistics on the impact of Covid-19 on people aged under 25 years of age.

Anxiety and depression can be diagnosed by the following list of symptoms:

- Restlessness
- Difficulty Sleeping
- Sense of Uselessness
- Change in Appetite
- Prolonged Sadness

- Low Self Worth
- Lethargy
- Difficulty Making Decisions
- Thoughts of Suicide or Self Harm

Every America now knows of someone who has been infected with Covid-19. Many have lost loved ones. There is increased stress and worry over a family member or friend contracting Covid and a guilt associated with being careless and possibly infecting someone close. This is coupled with a decrease in social activities that give us a sense of wellbeing and belonging. It may be several months or even years until our lives go back to some semblance of normality.

In the interim, we can only strive to maintain good mental health. This can involve reaching out to friends and family each daily. Many sufferers of depression and anxiety report a sense of isolation and not wanting to talk or interact. Making a point of checking in with loved ones, especially those living alone is integral to maintaining our social networks and caring for others.

There are a few simple ways to avoid feeling anxious or depressed.

Sunshine and exercise are two proven ways to feel better. Serotonin, our feel-good hormone, is stimulated by bright light and exercise. Make a date to walk with a friend in the park or on the beach. Sign up for a zoom workout class or benefit from one of 100,000's of free exercise classes online. Take it outside! Take your iPad or mobile device and enjoy the sunlight while you exercise. Yoga has been shown to have a dramatically positive effect on anxiety and depression.

Eat right. Bringing the body back into alignment through correct nourishment is vital to feeling good. Now more than ever it is important to adopt a healthy diet. Increase your intake of fruits and vegetables. Incorporate oily fish such as salmon. Limit processed food, caffeine, and alcohol as these all serve as depressants.

Limit time spent in front of devices and watching TV. While it is important to stay apprised on current events and news try to limit exposure to 'screen time' to a minimum of a few hours a day. For those of us working from home in front of a computer this is not necessarily possible. Instead of finishing work and turning on the TV get out for a walk, chat with a neighbor or read a book.

CBD (Cannabidiol) has been shown in clinical trials to be highly effective in fighting anxiety. [CBD Tincture](#) can help alleviate the symptoms of depression and anxiety and can assist in getting a better nights' sleep.

Try to adapt to the body's natural circadian rhythm by going to sleep earlier and waking up when the sun comes up. Even fifteen minutes of meditation or quiet contemplation in the morning upon rising can help to combat anxiety and depression. Staying focused and mindful during the day and taking a moment to 'check in' to see how you feel as a reference to previous days is a great way to assess your mental state.

Anxiety and depression is curable. If you or anyone you know may be experiencing symptoms of anxiety or depression there is help available. **The NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET.** 1-800-950-NAMI (6264). There are various online support networks to assist. Mentalhealth.gov and The National Institute of Mental Health both have great online resources for coping with anxiety and depression.

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