

# Feelings of Anxiety and Sadness

Emotional health is impacted when living with a life-limiting disease. It is natural to experience *Anxiety* (a feeling of worry, unease, or fear) and *Sadness* (a feeling of unhappiness or low mood). At times these may become prolonged or severe, leading to *Depression* (persistent feelings of sadness, hopelessness, and loss of interest in things once enjoyed).

We recognize that coping with anxiety, sadness and depression can vary greatly among personal and cultural beliefs; however, it is important to seek support when you or someone you care for are experiencing any of these feelings to ensure everyone's wellbeing and long-term emotional health.

### COMMON CAUSES OF ANXIETY

- Illness
- Stress
- Conflict
- Financial concerns
- Negative thinking

### EMOTIONAL/COGNITIVE SYMPTOMS

- Recurring unpleasant or stressful thoughts including fear, dread, panic, isolation and helplessness
- Restlessness
- Tearfulness/crying
- Irritability/short-tempered
- Inability to concentrate/easily distracted
- Lack of enjoyment in usually pleasurable activities
- Feeling disorganized
- Hyper-alertness



### COMMON CAUSES OF SADNESS

- Rejection by friend or loved one
- Endings or goodbye
- Sickness or death of loved one
- Being disappointed by unexpected outcome

### PHYSICAL SYMPTOMS

- Changes in sleep patterns
- Insomnia and difficulty sleeping
- Increased heart rate or palpitations
- Faster breathing
- Complains of nausea or diarrhea
- Dry mouth
- Muscle twitching or trembling
- Abdominal pain
- Hyperventilation or chest pain
- Profuse sweating
- Dilated pupils

## HELP HUDSON VALLEY HOSPICE OFFERS A WIDE RANGE OF SUPPORT

- Registered Nurse can assess with physician the need for medications for the patient, which may provide relief of symptoms
- Psychosocial support and Social Work visits may include:
  - Individual and family counseling
  - Management of anxiety and sadness
  - Facilitating short-term respite care for caregivers facing burnout
  - Individual and family counseling
- Spiritual care and chaplain visits
- Music therapy and other complementary therapies
- Volunteer companionship and a listening ear
- End of Life Doula program
- Grief and bereavement support



## THINGS YOU CAN DO TO ASSIST WITH ANXIETY AND SADNESS

- Exercise or take a walk
- Practice deep breathing exercises
- Meditation
- Journal
- Socialize
- Take breaks, even if they are short
- Take a bath/shower
- Rest or take a nap
- Positive self-talk

Need Help? Call Us First!  
845-240-7510 | 24 hours/7 days