

Stress and Depression

Stress is our body's way of responding to any kind of demand placed on us. It's both good and bad.

Short-term, when we must respond to an immediate threat, stress helps us survive, but unrelenting stress can harm us.

Stress that is not well managed can lead to:

- Infections and viruses
- Sleep problems
- Gastrointestinal problems
- Heart conditions
- Weight gain or loss
- Infertility
- Compromised glucose control (diabetes)
- Anxiety
- Depression

**Watch Our
Free Webinar!**
**Coping with Stress
and Depression**
www.familyaware.org/trainings

How do I know if I'm stressed or depressed?

Signs of Stress	Signs of Depression
<ul style="list-style-type: none"> • Worried, anxious thoughts • Forgetfulness, problems concentrating • Irritability, quick temper • Digestive problems • Tense muscles, backaches, headaches • Clenched jaw or teeth grinding • Racing heartbeat and restlessness, sweating • Skin problems • Getting sick more frequently • Less interest in sex • Menstrual or fertility problems • Drinking more alcohol, smoking more often 	<ul style="list-style-type: none"> • Feeling miserable, sad, depressed, empty, irritable or angry • Losing interest or pleasure in most activities • Having trouble concentrating or remembering • Feeling tired or having little energy • Feeling worthless or guilty • Feeling anxious • Sleeping too much or too little • Eating too much or too little • Medically unexplained aches and pains • Abusing alcohol or drugs • Thinking of death or suicide

With the right tools, stress can be managed and depression can be treated.

If you are concerned about these issues, here are some things you can do:

- Learn more about stress and depression – and practical ways to help yourself and others – by viewing our **FREE Coping with Stress and Depression Webinar**. Watch at www.familyaware.org/trainings.
- Take the **Depression Screening Test** at www.familyaware.org/moodtest.
- If you or someone you know has been thinking about death or suicide, call 1-800-273-TALK or 9-1-1 immediately. For crisis support via text message, text LISTEN to 741741.

Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.