

Stress is 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

Coping with Stress and Depression

Free Webinar

April 10 at 7pm ET
Watch live or on demand

featuring

Dr. Liza Zwiebach

Register at

www.familyaware.org/trainings

How do I know if it's stress or depression?

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, 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.

Learn more about stress and depression – and practical ways to help yourself and others – by viewing our FREE **Coping with Stress and Depression Webinar** on Tuesday, April 10th at 7pm ET/4pm PT (and then on demand). Register at www.familyaware.org/trainings.

Take the
Depression Screening Test at
www.familyaware.org/moodtest

Check out our **“More Than Mood”
Depression Symptoms Toolkit** at
www.familyaware.org/more-than-mood

If you or someone you know has been thinking about death or suicide, call 1-800-273-8255 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, address, and cope with depression and bipolar disorder to get people well and prevent suicides.