

A silhouette of a city skyline with various building shapes in shades of brown and black against a light blue background.

Stressed or Depressed?

Stress is all around us. From jobs and relationships to unexpected trauma, stress can quickly creep into each area of our lives. Not all stress is bad; it's our brain's normal response to change. When stress works properly, it enhances our focus and helps us to rise to meet challenges. But over time, if not properly managed, stress can take a toll on our health and mood. It's important to monitor how you're feeling to make sure bouts of stress and sadness don't turn into something more serious, like depression.

Depression Symptoms Include:

- Feeling sad or down most of the day for two weeks or more
- Loss of enjoyment in activities you once enjoyed
- Feeling irritable, anxious or angry
- Trouble sleeping or sleeping more than usual
- Overeating, or not being able to eat enough
- Feeling very tired

It's important to remember that depression is a medical condition, one that is treatable. By reaching out for help you are showing both strength and courage.

Check up on Your Mental Health

Visit HealthyMenMichigan.org today to find out if the symptoms you are experiencing are consistent with depression. The self-assessment is anonymous and quick, and will provide you with local resources to reach out to find more information and help.