



Stressed or Depressed?

Stress is all around us. From relationships and family matters to traffic on the morning commute, stress can quickly creep into our lives in unexpected ways. Not all stress is bad; it's our brain's normal response to changes in everyday life. When stress works properly, it keeps us productive and focused. But over time, if not properly managed, stress can take a toll on our health and mood. It's important to keep tabs on how you're feeling to make sure that 4th quarter gameday stress don't turn into something more serious, like depression.

Depression Can Affect Mental Fitness in Many Ways:

- Feeling down or "off" most of the day, nearly every day
- Loss of interest in your favorite activities
- Feeling more irritable, anxious, or angry than usual
- Using work or tv time to avoid friends and family
- Persistent aches and pains that don't respond to normal treatment (backache, headaches, etc.)
- Eating too much, or not having your usual appetite
- Not being able to get a good night's sleep or staying in bed all day
- Feeling like you have no energy or drive

Remember that depression is a common, treatable medical condition, just like high blood pressure. It's up to you to take control of your health.

Healthy Men Michigan is Your Online Multi-Tool

Visit **HealthyMenMichigan.org** today to take charge of your mental fitness. There, you will find an anonymous, quick self-assessment that will point you in the right direction for local resources, services, and more information.

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