

# AFTER THE CALL



## STRESSED?

One of the most important aspects to keeping yourself healthy is being able to identify when you are becoming overwhelmed. Being aware that stress is closely associated with Depression is also important. (Slavich & Irwin, 2014)

### Signals that you might be stressed can include:

Abnormal Muscle Tightness ([apa.org](http://apa.org))

Difficulty Sleeping ([apa.org](http://apa.org))

Headaches ([cmha.ca](http://cmha.ca))

Difficulty Concentrating ([cmha.ca](http://cmha.ca))

Sweating ([cmah.ca](http://cmah.ca))

Heart Racing ([cmha.ca](http://cmha.ca))

Irritability ([hc-sc.gc.ca](http://hc-sc.gc.ca))

Guilt ([hc-sc.gc.ca](http://hc-sc.gc.ca))

Loss of interest in things you enjoy ([hc-sc.gc.ca](http://hc-sc.gc.ca))

You are encouraged to visit these sites to read their articles. This is not intended to be an exhaustive list of stress reactions.

Please remember that there is many factors that can make you experience any of the above issues. If you are experiencing anything that is outside of your normal reactions, please seek professional assistance.

*American Psychological Association. (2013). Stress. In APA. Retrieved July 7, 2015 from <http://www.apa.org/helpcenter/stress.aspx>*

*American Psychological Association. (2013). Stress. In APA. Retrieved July 7, 2015, from <http://www.apa.org/helpcenter/stress-body.aspx>*

*Canadian Mental Health Association. (n.d.). Stress. In CMHA. Retrieved from [http://www.cmha.ca/mental\\_health/stress/#.VZxpN-eH\\_Gs](http://www.cmha.ca/mental_health/stress/#.VZxpN-eH_Gs)*

*Health Canada. (2007). Mental Health: Coping with Stress. In Healthy Living. Retrieved July 7, 2015, from <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stress-eng.php#ss>*

*Slavich, G. M., & Irwin, M. R. (2014). From stress to inflammation and major depressive disorder: A social signal transduction theory of depression. Psychological bulletin, 140(3), 774.*