

Depression & Stress Management

Depression and stress management are two factors that can greatly impact your happiness and health.

About Depression

- Depression is an illness that causes you to feel constantly sad, overburdened and low
- It is common for you to experience sadness and depression at one time or another based on life events
- If you are experiencing long-term, recurring depression, then you should consider seeking help

Depression Symptoms

If you have clinical depression, you may be:

- Feeling down or worthless
- Sleeping a lot, or not enough
- Eating more than or less than usual
- Losing interest in activities you once enjoyed
- Having suicidal thoughts (If you are having suicidal thoughts, seek help right away from your doctor, 911 or a suicide hotline)

Depression Treatment

When you notice signs of depression, talk to your doctor, counselor or therapist about diagnosis and treatment options.

Treatments for depression include:

- Lifestyle changes (quitting drinking, reducing stress)
- Different types of therapies
- Medications such as antidepressants

About Stress

- Stress is a normal reaction that you feel, usually when you are under pressure
- Typically related to health issues, family issues, work issues, relationship issues or other life happenings

The key when dealing with stress is to properly manage it.

Health Risks of Stress

Stress, especially long-term stress, can lead to:

- High blood pressure
- Muscle tension
- Stomach issues
- Headaches
- Trouble sleeping
- Chest pain
- Fatigue

Stress Management Tips

- Try meditation or yoga to rejuvenate your body and mind
- Find out what triggers stress for you and think about ways to better handle or avoid those triggers
- Eat a healthy diet and exercise regularly
- Participate in hobbies that you enjoy to help get your mind off stressors
- Talk to a friend, family member or counselor who can provide you with advice

Business Health Services - Downtown Baltimore

Baltimore City Clinic and
Public Safety Infirmary (PSI)

323 N. Calvert Street
Baltimore, MD 21202

Phone: 410-332-9240
(Main)

410-332-9773
(City Clinic)

410-332-9770
(Public Safety Infirmary)

Fax: 410-332-0614

Business Health Services - Lutherville

1766 York Road
Lutherville, MD 21093

Phone: 443-275-5090

Fax: 410-385-9390


Mercy
MEDICAL CENTER