

HOW DOES STRESS FEEL?

COMMON SIGNS OF STRESS INCLUDE:

- FEELING ANGRY, IRRITABLE OR EASILY FRUSTRATED
- TROUBLE SLEEPING OR WANTING TO SLEEP ALL THE TIME
- LOSING YOUR TEMPER WITH OTHERS
- HEADACHES OR OTHER UNEXPLAINED ACHES AND PAINS
- CHANGES IN APPETITE OR EATING HABITS
- GETTING COLDS MORE THAN USUAL
- FIGHTING WITH FAMILY AND FRIENDS
- TROUBLE CONCENTRATING OR THINKING CLEARLY
- FEELING SAD OR MOODY
- FEELING NERVOUS OR ANXIOUS
- FEELING THAT YOU CAN'T HANDLE LIFE'S CHALLENGES
- NOT WANTING TO BE AROUND PEOPLE OR TAKE PART IN ACTIVITIES

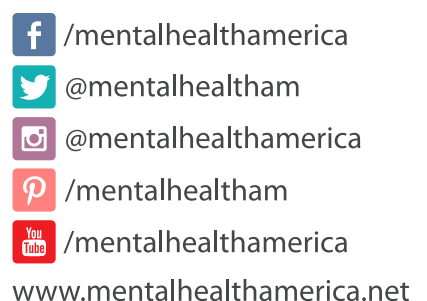


If you feel overwhelmed, unable to cope and feel as though your stress is affecting how you function every day, you may be experiencing the first signs of a mental health condition, like depression or anxiety.

Take the youth screen at MHAScreening.org to see if you may be at risk. Once you get the results, MHA will provide you with more information and help you to figure out next steps.

IN CRISIS?

Trained crisis counselors are available 24/7 by texting "MHA" to 741-741 or calling 1-800-273-TALK(8255).



**YOU DON'T HAVE TO BE
ALONE TO FEEL LONELY.**



WHEN YOU'RE LONELY A LOT, IT CAN AFFECT YOU IN MANY WAYS. YOU MIGHT:

- ▶ **FEEL MORE STRESSED;**
- ▶ **SLEEP, BUT NOT FEEL RESTED;**
- ▶ **STOP TAKING GOOD CARE OF YOUR APPEARANCE OR HYGIENE;**
- ▶ **FIND THAT YOUR OUTLOOK ON LIFE HAS BECOME NEGATIVE;**
- ▶ **START SHOWING SIGNS OF DEPRESSION OR ANXIETY; OR**
- ▶ **TURN TO DRUGS OR ALCOHOL TO FEEL BETTER.**

If you take steps to feel less lonely but find yourself still struggling to deal with day-to-day life, you may be experiencing the first signs of a mental health condition, like depression or anxiety.

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