

## Stress vs. Depression

**Stress, burn out, and depression can all look very similar!**

### Signs of Stress:

|                                    |  |
|------------------------------------|--|
| Trouble Sleeping                   | Feeling Nervous                        |
| Feeling Overwhelmed                | Feeling easily frustrated or irritable |
| Problems with memory               | Feeling burned out from schoolwork     |
| Problems concentrating             | Feeling overwhelmed                    |
| Short term change in eating habits | Trouble functioning in personal life   |

### Signs of Depression:

|  |   |
|--|---|
| Withdrawing from other people                | Trouble concentrating                     |
| Feeling sad and hopeless (a lot of the time) | Trouble with memory                       |
| Lack of energy and motivation                | Feeling bad about yourself or guilty      |
| Trouble making decisions                     | Anger and rage                            |
| Being restless, agitated, or irritable       | Feeling overwhelmed                       |
| Eating more or less than usual               | Trouble functioning in your personal life |
| Sleeping more or less than usual             | Thoughts of suicide                       |

### How can you tell the difference?

Any time that you have thoughts of suicide, take it seriously! Tell someone you trust. This may indicate depression as opposed to stress.

Depression usually lasts for at least two weeks or longer. Stress may come on because of your life circumstances and then fade after things change.

Taken from American College Health Association and Mental Health America