

STRESS, DISTRESS, DEPRESSION

STRESS

“A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances”

DISTRESS

“Extreme anxiety, sorrow, or pain”

DEPRESSION

“Severe despondency and dejection typically felt over a period of time and accompanied by feelings of hopelessness and inadequacy”

(O.E.D)

- Daily living involves **stress**
- **Stress** could be **POSITIVE OR NEGATIVE**
- Thoughts and behaviour/actions that help us progress; advance and leads to contentment, satisfaction, happiness, and fulfilment are driven by and generate **positive-stress**.
- Thoughts and behaviour/actions that generate anxiety, panic, fear, sadness, loathing of self or others are driven by and generate **negative-stress**.
- Continuing almost unremitting **negative-stress** leads to **distress**
- When the person remains in a state of distress for weeks, without seeing any glimmer of hope, without receiving any support or help or succour, then **depression sets in**.
- **Emotional – Regulation** or **Emotional-Hygiene** and its practice in our everyday life is an essential need if we are to make ourselves more robust, or less susceptible to depression.
- How do we help our emotional regulation?

“MENTAL HYGIENE” & EMOTIONAL REGULATION

Take care of your body:

- Food
- Activity
- Rest
- Posture

Take care of your thoughts and emotions:

- Think positively
- Avoid/ fight negative/ fearful thoughts
- Be mindful of current emotion
- Do not use mood-altering substances: especially to give yourself “a lift” or to “chill out”
- Try to spend at least an hour every day by yourself without feeling “pressured” so that you can “re-group”

When the **STRESS** is the negative kind, continuing and is leading on to **DISTRESS** and you are feeling overwhelmed, **please, please** ask for **help** and ask **SOONER!!!** Don't just struggle on.

HELP

- Counselling
- Consult your General Practitioner