

## WHAT IS EMOTIONAL DISTRESS?

- It is common to feel stress symptoms at different points in your life.
- Worry, sadness, anger, and fear are all normal, healthy emotions.
- Most stress symptoms are temporary and will resolve on their own within a short amount of time.

## WHEN EMOTIONAL DISTRESS DOESN'T GO AWAY

- For some people, feelings like worry, sadness, anger, and fear may:
  - Become chronic.
  - Last for weeks or months.
- Chronic emotional distress can:
  - Influence a person's relationships with family and friends.
  - Influence a person's ability to enjoy life and accomplish the things they need or want to do.

## WARNING SIGNS OF EMOTIONAL DISTRESS

### GENERAL SIGNS

- Eating or sleeping too much or not enough.
- Withdrawing from people or activities.
- Low or no energy.
- Unexplained aches and pains, such as constant stomachaches or headaches.
- Feeling hopeless or helpless.
- Excessive smoking, drinking, or drug use, including excessive use of prescription medications.
- Frequent worrying.
- Feeling guilty, but unsure why.
- Thinking of hurting or killing oneself or someone else.
- Having difficulty readjusting to home or work life.

### SIGNS IN ADULTS

- Crying spells or bursts of anger.
- Difficulty eating.
- Loss of interest in daily activities.
- Increased symptoms of physical distress, such as headaches or stomach pains.
- Fatigue.
- Feelings of guilt, helplessness, or hopelessness.
- Avoiding family and friends.

CEO Ingaude Company

For over 5 years, our company has been helping people find recovery.

**RECOVERY IS POSSIBLE**

Call 910-862-6900 today to speak to someone who can help.

## SIGNS IN CHILDREN AGES 6-11

- Withdrawing from playgroups and friends.
- Competing for the attention of parents and teachers, especially if more than normal.
- Being unwilling to leave home.
- Being less interested in schoolwork.
- Becoming aggressive.
- Increased conflict with parents or peers.
- Difficulty concentrating.

## SIGNS IN YOUTH AGES 12-18

- Physical complaints, such as stomachaches or headaches.
- Losing interest in schoolwork, chores, or other responsibilities.
- Becoming withdrawn.
- Resisting authority.
- Behaving in a disruptive or aggressive manner when at home or in the classroom.
- Experimenting with high-risk behaviors, such as underage drinking or prescription drug misuse.

## RISKS FOR EMOTIONAL DISTRESS

People at the highest risk of emotional distress include those with a history of:

- Traumatic life events, such as abuse, assault, combat, rescue work, or a severe accident.
- Chronic instances of:
  - Medical illness.
  - Psychological disorders.
  - Poverty or economic instability.
  - Homelessness.
  - Discrimination.
- Frequent or recent major life events that cause stress or emotional strain, such as job loss, divorce, loss of a loved one, or major illness.
- Surviving a disaster or losing a loved one to a disaster.
- Lack of mobility or independence.

## TAKE ACTION

If you feel that you or a loved one may be experiencing emotional distress, please seek immediate help.

- Reach out to your doctor, school counselor, or mental health professional.
- Remember that early intervention is always best for you or your loved one's health and well-being.

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This publication is supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS, or the US Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

Resources available upon request.

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