Stress vs. Depression

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

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

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