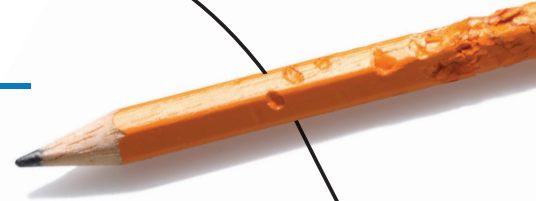


CHRONIC STRESS: HOW TO RECOGNIZE IT — SO YOU CAN TREAT IT FAST



We live in a high-stress world, and many of us pride ourselves on coping with it well. The problem is, there is no coping with long-term stress, as it can eventually lead to mental health conditions like depression and anxiety. But you can learn to recognize the signs of stress and get treatment sooner. Here's what you need to know.

WHAT ARE SIGNS OF CHRONIC STRESS?

Talk to a Doctor On Demand provider if you are experiencing:

- Irritability, sadness or anger
- Lack of energy
- Difficulty relaxing or quieting your mind
- Trouble concentrating
- Feeling out of control
- Avoiding friends and family
- Sleeping/eating too much or not enough
- Headaches, muscle pain, chest discomfort or upset stomachs
- Loss of interest in activities you enjoy



1. You may feel stress in unexpected ways.

There are many physical and emotional symptoms that can be early indicators your stress needs a doctor's care. Headaches are common warning signs, as are muscle aches and discomfort in your chest and stomach. You may feel anxious and exhausted at the same time. You may feel irritable, sad, off your game, or just not "like yourself."

2. Know your unique symptoms — then work backwards.

Take a look at the box on the left. Then, ask yourself: The last time you felt overly stressed, what did you feel physically? Emotionally? Keep those symptoms in mind, and try to recognize them the next time they occur. When they do, backtrack a bit. Was there another symptom that happened earlier that you may have missed? For example, you may think your earliest symptom is irritability with people you care about. But it could be preceded by, say, chest tightness. Or sleeping more.

3. Get curious.

Keep being curious and working backwards to identify your earliest stress symptoms. You may learn to identify your personal signals of chronic stress so early that reversing them eventually becomes much easier and faster, and even manageable from home.

4. Get care.

When you start to feel your earliest symptoms of stress, be sure to take care of yourself. [Eat well](#) and exercise regularly. Get enough sleep. Take time to relax. And find someone you can talk to, like the providers at Doctor On Demand®. With Doctor On Demand, you can get affordable, confidential talk therapy from psychologists and prescriptions from psychiatrists* using your smartphone or tablet, all from the comfort of home.

IT'S OKAY TO NOT FEEL OKAY. DOCTOR ON DEMAND CAN HELP.

Visit [DoctorOnDemand.com](https://www.doctorondemand.com) to register for the service, take a short mental health assessment and schedule your confidential appointment.

SCHEDULE YOUR APPOINTMENT TODAY
DoctorOnDemand.com

*Doctor On Demand physicians do not prescribe Scheduled I-IV DEA Controlled Substances and may elect not to treat or prescribe other medications based on what is clinically appropriate.

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注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).

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