

The signs of stress, anxiety and depression

Checklist for **Pathfinders** to spot signs of stress

Stress can show up in different ways in each individual. Here are some **general examples**.

If the person agrees and you feel comfortable, you can **share** some **strategies** for dealing with stress.

([see tool](#)).

PHYSICAL

- Difficulty sleeping (too much or not enough)
- Physical discomfort, headaches, muscle tension, etc.
- Lower energy or agitation
- Appetite loss or gain

BEHAVIOURAL

- Inability to relax
- Difficulty making decisions and taking action
- Overactivity in certain areas
- Withdrawal, isolation
- Irritability, aggressiveness, weeping
- Tendency to run away from problems
- Increased drinking or drug use

MENTAL

- Difficulty concentrating
- Negative and pessimistic thoughts
- Anxious thoughts
- Doubting oneself and others
- Loss of meaning
- Mistaken perceptions

EMOTIONAL

- Feeling overwhelmed, overloaded or discouraged
- Feeling sad, angry or powerless
- Loss of self-esteem and decreased openness to others
- Loss of interest in activities usually enjoyed

If **stress-related reactions** are **PREVENTING** someone from **FUNCTIONING** on a daily basis, you can **refer** the person to a **resource for support** ([see tool](#)).

If you **fear for the person's safety** or for someone else's, contact an **EMERGENCY RESOURCE**

→ **911** → **Info-Social 811** (press 2) → **1 866 APPELLE (277-3553)**
Suicide Prevention Hotline

References:

Government of Québec. (June 3, 2021). Stress, anxiété et déprime associés à la maladie à coronavirus COVID-19. <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/stress-anxiete-et-deprime-associes-a-la-maladie-a-coronavirus-covid-19#c47202>

Programme d'aide aux médecins du Québec. (2020). S'occuper de ses réactions de stress. <https://medfam.umontreal.ca/wp-content/uploads/sites/16/2020/04/capsule-sante-s-occuper-de-ses-reactions-de-stress.pdf>