

# Are you emotionally overwhelmed?

## 7 Signs Not to Ignore

The phrase “nervous breakdown” is not a medical term. However, indicators that have historically been associated with a nervous breakdown, such as depression, anxiety or stress, can be an indication of an underlying mental health problem. Understanding these conditions and addressing them before they threaten to overwhelm you can prevent more serious mental and physical health issues from developing. Seven indicators to keep in mind:

### Lack of Concentration

Stress is the body’s natural reaction to physical or mental demands. As such, it can be beneficial by increasing concentration, memory and awareness. However, over time, the body’s continued response to stress can lead to an increase in blood pressure and heart rate, heightened anxiety and an overall strain on the system. As unrelieved tension builds up, it provokes an array of unhealthy symptoms. Among these are feelings of anxiety, fatigue, depression and distraction. Physical effects can include high blood pressure, heart disease and stroke.

### Irregular Heartbeat

Strong emotional stress or anger can contribute to cardiac arrhythmia, or an irregular heartbeat. Arrhythmia is a problem with the rate or rhythm of the heartbeat. During an arrhythmia, the heart can beat too fast, too slow or irregularly. Most arrhythmias are harmless, but some can be serious or even life threatening. Panic or anxiety attacks can mimic cardiac arrhythmia. Parallel symptoms include feeling the heart pounding against the chest, increased heart rate and excessive sweating. Seek immediate medical attention if you are experiencing these symptoms.

### Stomach Issues

Stress and anxiety often manifest as gastrointestinal issues, including chronic heartburn, ulcers, nausea, vomiting and diarrhea. Stress and depression also tend to be present in those who suffer from irritable bowel syndrome, which can be triggered by an immune system response to stress. Symptoms of IBS include frequent cramping, bloating, gas, constipation and diarrhea.

### Muscle-contraction Headaches

Muscle-contraction, or tension, headache is named not only for the role of stress in triggering the pain, but also for the contraction of neck, face and scalp muscles brought on by stressful events. Ninety percent of all headaches are classified as tension/muscle contraction headaches. Occasionally, muscle-contraction headaches are accompanied by nausea, vomiting and blurred vision. Research has shown that for many people, chronic muscle-contraction headaches are caused by depression and anxiety. Certain physical postures that tense head and neck muscles, such as holding one’s chin down while reading, can lead to head and neck pain.

### Sleep Problems

Experts cite stress as the No. 1 cause of short-term sleeping difficulties. Worries related to work, school, marriage, relationships and life events can interfere with the ability to fall or remain asleep, or to achieve a restful state of deep sleep. People who suffer from clinical or short-term depression may also have difficulty sleeping or sleeping too much. While stress and depression can interfere with sleep, the inability to sleep, known as insomnia, can trigger or intensify stress and depression symptoms.

## Depression

Everybody feels occasional sadness. However, an extended period of sadness may be an indication of depression. Symptoms of depression, including feelings of guilt, sadness, hopelessness, lack of enjoyment, inability to concentrate and irritability, have been associated in the past with a “nervous breakdown.” Depression is a serious illness, but it is treatable. Among the treatment options are talk therapy, antidepressant medications and lifestyle changes, including improvements to diet and exercise routines. Untreated depression can lead to serious mental and physical health problems.

## Anxiety

People with generalized anxiety disorder suffer from constant worry that is much more severe than normal, day-to-day anxiety. People may experience chronic, exaggerated worry and tension that does not seem to have a specific cause. They also regularly anticipate disaster and often worry excessively about health, money, family or work, or even about a cause that is hard to pinpoint or nonexistent. This makes it extremely difficult for people to relax. These worries can be accompanied by trembling, twitching, muscle tension, headaches, irritability, sweating and hot flashes. Severe anxiety can be debilitating, making it difficult to carry out ordinary daily activities.

## Coping Strategies

Many of the symptoms historically associated with a “nervous breakdown” can be managed and treated. Here are some suggestions:

- Seek support. Do not wait until you reach your breaking point. Talk to a physician, therapist or contact your Employee Assistance Program for help.
- Try to identify the causes of stress. By recognizing the reasons behind your tension, you can feel more in control and change the source of the stress.
- Get enough rest. Doctors recommend eight hours of sleep a night for adults.
- Exercise regularly. Swimming, running, brisk walking, aerobic exercises and other repetitive fitness activities are especially beneficial. Experts recommend exercising at least 20 to 30 minutes three to five times a week.
- Engage in fulfilling activities. Take a little time each day for something you like to do: a hobby, a walk, an hour with a good book, a home-improvement project, etc.
- Avoid caffeine, nicotine and other stimulants. These can induce stress and anxiety.
- Avoid alcohol, tranquilizers and recreational drugs. These may contribute to anxiety and depression and a sense of loss of control.

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