

Support Place

Signs of Social Fatigue:

Social exhaustion or fatigue occurs when individuals feel socially drained, anxious, or overstimulated. Here are some common signs:

1. **Detachment from Other People:** Feeling disconnected or emotionally distant from others.
2. **Inability to Focus:** Difficulty concentrating or paying attention.
3. **Intense Headaches or Migraine Attacks:** Persistent headaches due to surrounding or personal stress.
4. **Low Energy or Fatigue:** Feeling physically and mentally drained.
5. **Difficulty Sleeping:** Sleep disturbances related to general social and personal stressors.
6. **Emotional meltdown:** feeling of being overwhelmed by various events.

Signs of Personal Fatigue:

Personal fatigue can manifest in various ways. Some common symptoms include:

1. **Aching or Sore Muscles:** Physical discomfort and tiredness.
2. **Apathy and Lack of Motivation:** Losing interest or motivation to do basic things.
3. **Daytime Drowsiness:** Feeling excessively tired during the day.
4. **Difficulty Concentrating or Learning New Tasks:** fatigue affecting cognitive function.
5. **Gastrointestinal Problems:** IBS, Bloating, abdominal pain, constipation, loss of appetite, or diarrhea.

Steps to Assist in Preventing Fatigue-Related Health Issues:

1. **Recognize and Communicate:** If you're feeling fatigued, express it to someone you trust.

Everyday Stress:

Is a common experience that arises from day-to-day events. It can be related to work, family, financial or personal responsibilities. Even the unexpected challenges that may arise.

Below are some symptoms of stress:

Physical Symptoms:

- Headaches
- Muscle tension
- Fatigue
- Insomnia
- Change in appearance.

- Change in appetite.
- Digestive issues

Emotional Symptoms:

- Feeling anxious
- Mood swings
- Irritable
- Overwhelmed
- Environmental changes

Political Stress: stems from events related to politics, government, and social concerns. It can affect people regardless of their political beliefs. Signs and symptoms of political stress include but are not limited to.

1. Physical and Physiological Symptoms:

- Elevated blood pressure
- Weight loss or gain
- Increased Sweating
- Worried or anxious conversations
- Drastic mood changes

2. Emotional Symptoms:

- Depression
- Changing behavior
- Difficulty concentrating
- Hypervigilance (being overly alert)
- Emotional avoidance

- Mood swings
- Depression
- Trouble concentrating
- Hypervigilance (being overly alert)
- Emotional avoidance
- Fear of changes
- Interpersonal battles
- Media overload
- Social avoidance

Social Stress: Arises from interactions with others, and social settings. Here are some sign and symptoms of social stress.

1. Physical Symptoms:

- Muscle tension
- Sweating

- Dry mouth
- Trembling hands or voice
- Racing heart
- Dizziness

1.Emotional Symptoms:

- Signs of Anxiety
- Stiff body posture
- Nervous
- Nausea
- Inability to concentrate.
- Feeling Faint, Vertigo

Managing stress is imperative for your overall well-being. If you or someone you know are experiencing persistent stress symptoms, please consider seeking professional advice.

The inherent uncertainties of our daily lives can be challenging. Then when we add global conflicts into the mix, things can get uncontrollably scary. Feelings can seem as though the world is in a constant state of secreting fear from dawn to dusk. These factors can indeed culminate in feelings of grief, functional grief, loss, and depression.

Grief and Depression:

1. **Grief:** Grief is a natural response to loss. various situations can cause grief, such as the loss of a loved one, celebrity, loved one, a relationship, a job, or even a loss of control.

Signs of grief:

- Sadness: Feelings low, suffering emotional pain
- Regret: Wishing your part/things would have been different
- Loneliness: Feeling disconnected from others. Unable to appreciate the moment.
- Difficulty completing routine tasks.
- Loss of appetite, difficulty sleeping
- Isolation

Coping strategies for grief are to locate a social network that addresses grief. Find meaningful rituals to honor the memory of those loss.

1.Depression:

Depression is a serious mental health condition that affects your mental health but can also impact your physical health. These symptoms can vary from minor to major conditions. Grief

and depression can overlap, it is vital to get professional support and or treatment to assist in distinguishing the two.

Signs of Depression:

- Excessive sleeping
- Insomnia
- Feeling hopeless
- Isolating
- Excessive worrying
- Negative thoughts
- Increased alcohol and substance use
- Disruptions in relationships
- Poor work performance
- Poor hygiene and dental care
- Unable to enjoy fun activities.

- **Physical Signs:**
- Frequent crying
- Unable to perform simple tasks.
- Weight Changes
- Disheveled appearance
- Chronic back and neck pain
- Erectile dysfunction/low libido
- Restlessness
- Vision loss
- High blood pressure
- Trouble making decisions.
- Difficulty coping with stressors.
- Chronic or reoccurring eczema, or psoriasis

Depression can be treated, between 80 and 90 percent of people respond to treatment and can usually resume their lives.

Coping strategies include professional help, prioritizing self-care and engaging with supportive people and activities.

- Be intentional in avoiding how much time you spend engaging with distressing content. Schedule specific times for news and updates.
- Seek commonalities with a support group.
- Connect with family and friends who can offer emotional support.
- Engage in hobbies, safe and healthy activities, join likeminded groups that promote mental and physical wellbeing.
- If symptoms persist, consult with a mental health specialist. t alone, and there are resources available to support you.

APA Resources:

- Psychiatry.org-8 Step Mental Health Checkup
- **How dental health and mental health are connected**

SMI Adviser

- Depression Fact Sheet
- Answers to common questions about serious mental-illness
- Family stories

More on Depression:

Depression and Bipolar Support Alliance

- Support Groups
- More About Depression

- Mental Health America
- Online Depression Screening
- Live Your Life Well

National Institute on Mental Health

- What is Depression?
- Clinical Trials

[Psychiatry.org/patients-families/depression/what-is-depression.](https://www.psychiatry.org/patients-families/depression/what-is-depression)