

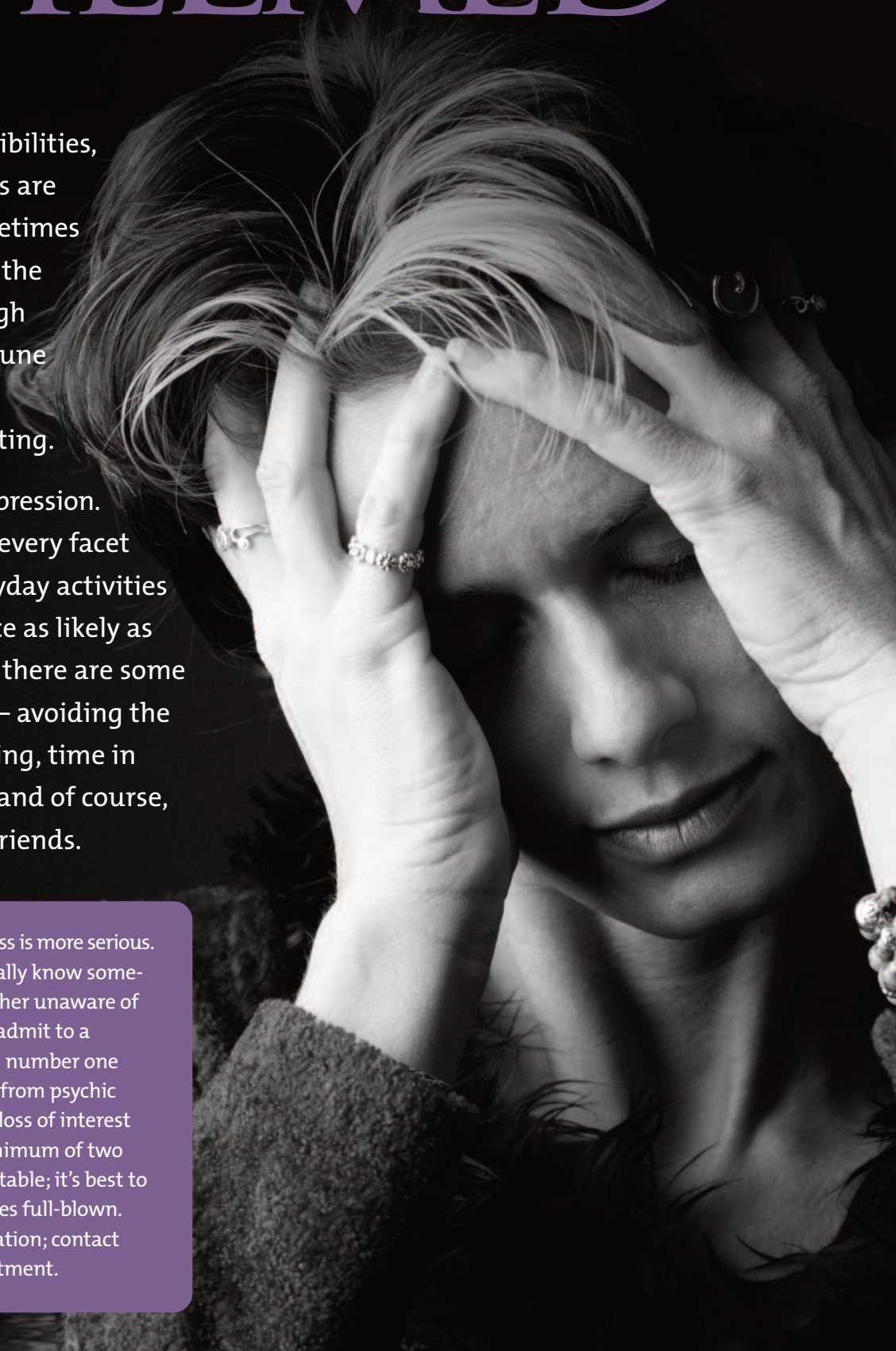
# OVER- WHELMED

Work deadlines, family responsibilities, household tasks... our to-do lists are never ending. Let's face it... sometimes our lives stress us out! Some of the effects of stress overload are high blood pressure, decreased immune system, headaches, fatigue, irritability and under or overeating.

Sometimes stress can lead to depression. This serious condition impacts every facet of your life – even making everyday activities difficult. While women are twice as likely as men to suffer from depression, there are some lifestyle changes that can help – avoiding the urge to isolate yourself, exercising, time in the sun, relaxation techniques and of course, support from your family and friends.

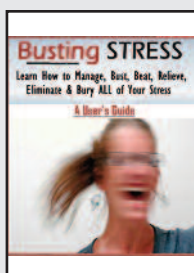
Health is Action®

Sometimes what you think is stress is more serious. Those who are depressed generally know something is wrong, but are often either unaware of the symptoms or unwilling to admit to a mental or emotional illness. The number one warning sign is either suffering from psychic pain or anguish, or a persistent loss of interest in your usual activities for a minimum of two weeks. Depression is highly treatable; it's best to start treatment before it becomes full-blown. The first step is a medical evaluation; contact your doctor to set up an appointment.



Click on the book links at right to stay on top of your health and wellness with recommended reading selections at Amazon.com.

**Busting Stress – Learn How to Manage, Bust, Beat, Relieve, Eliminate & Bury ALL of Your Stress** by Madeline Albright



**Is it Weird in Here or is it Just Me? A Real-time and First-hand Account of Depression for Families, Friends and Carers** by Rod Whyte



**The Ultimate Stress-Relief Plan for Women** by Stephanie McClellan

