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💙 October = Depression Awareness Month 💙

One way to cope is by gently re-engaging with life through hobbies. In the blog post, "10 Hobbies That Can Help Ease Depression" it offers small, manageable ideas.

Read more here: <https://buff.ly/doRWSym>

#DepressionAwarenessMonth



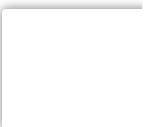
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WELLNESS

How Stress Can Affect Your Personality

POSTED ON MARCH 14, 2022 BY GUEST AUTHOR FOR WWW.RTOR.ORG



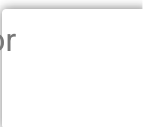


Everybody experiences stress at some point in their lives. For some, it's just a fleeting feeling that passes once the **source of stress** is gone. But for others, stress can become a chronic problem that affects not just their mood but also their personality. Mental health experts note that stressed-out people tend to become more irritable and negative, while those who **manage their stress** well maintain their positive attitudes and behaviors.

So, if you've been feeling particularly crabby lately, it may not just be because of your current situation —it could be because of the ongoing stress you're experiencing. Don't worry, though. This blog post will discuss how stress can affect your personality and ways to manage it.

Lack of Interest in Activities That Used to Be Enjoyable

One of the most common ways that stress can affect your personality is by causing you to lose interest in activities you used to enjoy. When you're feeling stressed, it's hard to find the energy or



activity that interests you. There are so many things out there to explore, and it's important to find something that makes you happy. These include:

- Taking a new dance, yoga, or [art class](#).
- Joining a club or organization.
- Attending an event.
- Starting a new hobby.

Find something that makes you feel good and stick with it, even when things get tough. It'll be worth it in the end. Alternatively, if you're still interested in your old activities, try taking a break from them for a while and come back when you're feeling more rested and relaxed.

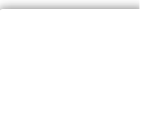
Decreased Productivity at Work or School

If you are constantly under stress, your [productivity at school](#) or work likely suffers. This is because when we're stressed, our focus and concentration are usually the first things to go. We may have a hard time paying attention in class or remembering what we need to do for a project at work.

There are a few things you can do to boost your productivity even when you're feeling stressed. For example, you can:

- Engage in some frequent [stress management activities](#).
- Try breaking up your work into smaller and manageable tasks.
- Take breaks more often so that you're not overworking yourself.
- Play with [fidget toys](#) as you work to boost concentration.
- Set realistic goals for yourself, but don't put too much pressure on yourself.

Withdrawal from Friends and Family



This can lead to feeling isolated and alone, exacerbating stress levels. There are several ways to combat this:

- Make an effort to reach out to your loved ones—just a quick phone call or coffee date will do.
- Let them know what's going on, so they understand you need some space.
- Try to find the humor in things and laugh when you can—**laughter is one of the best ways** to relieve stress.

Impulsive Behavior

Stress can lead to impulsive behavior for some people. This means that you may do things without thinking about the consequences first. This can be anything from spending too much money to engaging in risky behaviors. If you find yourself acting impulsively, it may be a sign that you need to take a step back and relax.

You can take a few steps to help you stop indulging in impulsive behavior.

- First, try to take a step back and assess the situation.
- If you can't do that, then ask a friend or family member for their opinion.
- Get another perspective on the situation before you make any decision.
- Try to come up with a plan of action before you do anything.
- **Consult a professional** if you need help.

Impulsive behavior can be frustrating, especially if it gets you into trouble. But by taking a few precautions, you can avoid succumbing to **stress-induced impulsiveness**.

Anger, Irritability, and Sometimes Even Aggression

When we're stressed, our **fight-or-flight response** is triggered. This causes a surge of adrenaline and cortisol, making us feel more alert, but it also has other effects. One of these is that it can make us more irritable and short-tempered. If you've ever been angry or irritable, you've experienced this.

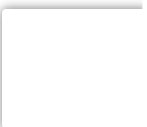
- Talk to someone about how you're feeling. This can help to release some of the built-up tension.
- Identify your stressors and try to address them. If something is causing you a lot of stress, see if you can do anything to change or reduce it.
- **Exercise regularly.** This can help to reduce stress levels and also improve your overall mood.
- Try relaxation techniques such as **yoga or meditation.** These can help to calm and focus the mind.

Difficulty Communicating & Listening

It can be difficult to communicate or listen effectively when you're feeling stressed. You may find yourself snapping at people for no reason or becoming overwhelmed and unable to articulate your thoughts. This can lead to tension in your relationships and make it difficult to get your point across.

You can overcome communication difficulties when stressed by:

- Taking a few deep breaths.
- Speaking slowly and clearly.
- Ensuring you're listening to what the other person is saying.
- Avoiding getting carried away by emotions.
- Trying to stay calm and collected.
- Ask good questions to get **conversations** flowing.
- Pay attention to your non-verbal communication. If you don't have the right words to communicate your feelings, remember that your body language can speak volumes, both positively and negatively. If you're stressed, others will likely be able to tell even if you say nothing.



unflattering clothes, or generally not caring about how they look. It's also common to see people eat unhealthy foods, skip meals altogether, or even have anxiety problems.

To help you avoid this, you must take care of yourself physically and mentally. This means:

- Learning some new [coping skills for anxiety and stress](#).
- Eating healthy food and drinking enough water.
- Getting enough sleep every day—at least 7 or 8 hours a day.
- Exercising regularly—join a social group for fun workouts.
- Taking time for yourself to relax and do things that you enjoy.

Conclusion

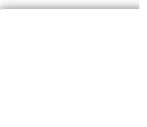
In conclusion, stress can have a profound effect on your personality. It's important to be proactive in taking care of yourself and managing your stress levels, or else you may find yourself slipping into bad habits. Remember to stay positive and don't be too hard on yourself. There is always help available to you if you need it.

If you or someone you know experiences mental health issues, it is important to seek help from a qualified professional. Our Resource Specialist can help you find expert mental health resources to recover in your community. Contact us now for more information on this free service to our users.

[CONTACT A RESOURCE SPECIALIST](#)

About the Author: Tess DiNapoli is a mental health writer and advocate. She has had her own struggles with anxiety and depression and has dedicated herself to helping others find their way through the darkness. Tess believes that there is always hope and that self-care and self-love are the most important things in life. In her free time, she enjoys reading, practicing yoga, and spending time with her family and friends.

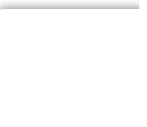
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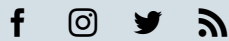
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