



# STRESS & DEPRESSION

## Text Button A

### LEARNING OBJECTIVES

After working through this program, you should be able to:

- Describe common personal and professional stressors faced by residents in training
- Predict physiologic and psychological changes as well as maladaptive behaviors that can result from chronic stress
- Identify the signs, symptoms, and behaviors associated with chronic stress
- Compare techniques for optimal stress management
- Implement strategies that can help prevent the negative consequences of stress
- Recognize signs and symptoms indicative of depression
- Anticipate suicide risk in trainees
- Outline strategies and resources for responding to the depressed resident