STRESS & DEPRESSION

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