

Adjustment Related Stress is a mental health condition that can develop after a person experiences emotional or behavioral symptoms in response to a stressor. These symptoms start within 3 months of the stressor. Common symptoms of adjustment related stress include:

- Distress that is out of proportion to the severity or intensity of the stressor
- Difficulty performing in important areas of functioning (social, work, school, etc.)

Emotional and behavioral symptoms may include:

- Anxiety
- Depression
- Loss of interest in everyday activities
- Feeling overwhelmed and stressed
- Acting impulsively or recklessly
- Excessive use of alcohol or recreational substances
- Being withdrawn or isolated

Stressors may be a single event:

- Termination of a romantic relationship

Stressors may be multiple events:

- Marital problems
- Business difficulties

Stressors may be recurrent:

- Associated with seasonal business crises
- Unfulfilling sexual relationships

Stressors may be continuous:

- Persistent painful illness with increasing disability
- Living in a crime-ridden neighborhood

Stressors may include specific developmental events:

- Going to school
- Being fired from a job
- Getting married
- Retirement

Best-practice treatment for Adjustment Related Stress:

Individualized recommendations may vary depending on the stressor, but effective treatments may include (check with your healthcare provider to learn what treatments are recommended for you) Individual psychotherapy and/or group education and therapy which may address:



- Individual psychotherapy and/or group education and therapy which may address:
 - Processing the stressor
 - Grounding techniques (learning tools to stay in the moment/connect to the present)
 - Relaxation skills (breathing techniques, mindfulness meditation, etc.)
 - Learning the difference between helpful and unhelpful coping strategies
 - Sleep hygiene (learning and practicing healthy sleep habits)

Disclaimer: Please check with your healthcare provider to learn what treatments are recommended for your needs.

Additional Comments:

