

Distress refers to a state of extreme emotional or mental suffering, typically caused by an experience or situation that is perceived as challenging, overwhelming, or threatening. Distress can manifest in a variety of ways, including anxiety, depression, feelings of hopelessness or helplessness, physical symptoms such as headaches or stomach pain, and difficulty concentrating or making decisions.

Distress can be caused by a wide range of factors, including life events such as the loss of a loved one, job loss, financial difficulties, relationship problems, and serious illness. It can also be a symptom of a mental health condition such as anxiety disorders, depression, or post-traumatic stress disorder (PTSD).

If you or someone you know is experiencing distress, it is important to seek help from a mental health professional or healthcare provider. Treatment for distress can include therapy, medication, lifestyle changes, and other interventions, depending on the underlying cause and individual needs.

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