



Mental Health Mondays

Environmental Effects

Issue 40

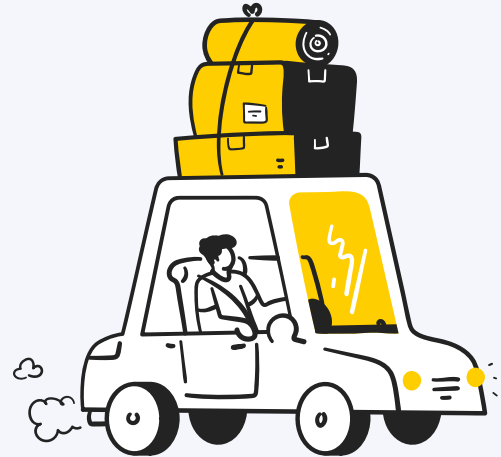
May 22, 2023



How Do Stressors of Life Mimic Behavioral Health Conditions?

From time to time, **we all experience situations in our lives that contribute to increased stress and anxiety.** These are usually externally driven. That is to say, impacts from environmental situations can cause a great deal of stress in our lives. These stressors can contribute to short-term anxiety and worry.

For example, moving from one home to another can be an extremely stressful situation but that stress will only last for a limited time. **These sorts of stressors can change the way we think and understand the world around us, impact our relationships, and alter our emotions and feelings.**



An environment without positive relationships and enriched activities can lead to behaviors that mimic symptoms of mental health concerns. For example, a death in the family might lead someone to being sad, but does not indicate clinical depression. Or, an environment lacking in privacy, and with minimal personal choice can lead to agitation, sleeping more, excessive appetite, moving around a lot, or low social inhibitions. All of this can be due to the environment and not necessarily mental illness.

However, if the impact of the stressful situation goes on for a long period of time (3 months or more) and has frequent and intense behavioral episodes that interfere with day-to-day functioning, then we may be looking at mental health concerns rather than just an environmental effect.



To learn more, check out the following resource:

[MOADD Guidebook](#) -- The MOADD Guidebook was made to provide best practice guidelines for working with individuals that have co-occurring Behavioral Health and Intellectual/Developmental Disabilities (BHIDD) needs.

**Interested in a specific topic
or want to contribute to Mental Health Monday content?**

Email: revans@mobhc.org

Like Mental Health Mondays? Check out [BHIDD Business Weekly!](#)