



Signs of Stress and Change in Mental Health: 7b

General Signs of Stress

- ☐ Feeling tense (wound up)
- ☐ Tired or fatigued
- ☐ Poor quality of sleep
- ☐ Poor concentration
- ☐ Forgetting things
- ☐ Feeling low or depressed
- ☐ Feeling worried or anxious
- ☐ Feeling frustrated or angry
- ☐ Impatience with yourself and others
- ☐ Lack of appetite or over-eating
- ☐ Thinking excessively about something (can't switch off)
- ☐ Negative and self-critical thinking
- ☐ Avoiding places or people more
- ☐ Withdrawing from friends and family
- ☐ Feeling nauseous (sick in tummy)
- ☐ Skin rashes or feeling over-heated
- ☐ Muscle tension
- ☐ Headaches
- ☐ Tearfulness and emotional sensitivity
- ☐ Increased substance use (or excessive use)

Signs of Professional Burnout

- ☐ Compassion fatigue (harder to empathise)
- ☐ Emotional exhaustion
- ☐ Reduced motivation
- ☐ Increased cynicism
- ☐ Negativity
- ☐ Sense of isolation

General Signs of you are Resilient

- ☐ Ability to think clearly and flexibly in changing and challenging situations
- ☐ Ability to regulate one's emotions (including stress) and remain emotionally composed
- ☐ Ability to problem-solve, make sensible decisions and mobilise the right resources
- ☐ Ability to maintain positive connections and relationships with others who support you
- ☐ Ability to persist in the face of challenging circumstances (also called Grit; ability to face up and continue after a set-back)
- ☐ Maintain a state of wellbeing where you feel well, fit and energised enough to tackle life's demands (including the work day, home-life and balancing all of your chosen activities)

General Signs of Mental Health Decline

- ☐ Sudden negative, uncharacteristic changes in mood & behaviour
- ☐ Decline in attendance, performance, functioning and self-care
- ☐ Disturbance in sleep, energy levels, weight and physical health
- ☐ Increased mood intensity: depressed/sad; irritable/angry; worried/anxious
- ☐ Difficulty concentrating, remembering and decision-making
- ☐ Withdrawing or isolating from friends and family
- ☐ Increased substance use or addictions
- ☐ Difficulty coping with daily hassles and challenges
- ☐ Difficulty maintaining relationships with others
- ☐ Preoccupations, strange thoughts or odd behaviours
- ☐ Suicidal comments and behaviours
- ☐ A sense of worthlessness and/or hopelessness about the future

Signs of Anxiety

- ☐ Excessive worries or feelings of guilt
- ☐ Physical reactions of:
 - o Racing heart, hot/flushed, aches & pains
 - o Shaky, dizzy, lightheaded or faint
 - o Nauseous or pain in the stomach
 - o Feeling numb or tingly
 - o Shortness of breath or fast, shallow breathing
- ☐ Feeling scared of going crazy
- ☐ Obsessive or compulsive behaviours
- ☐ Feelings of unreality or detached from yourself
- ☐ Difficulties sleeping
- ☐ Repetitive thoughts or concerns
- ☐ Self-medicating with alcohol or other substances
- ☐ Avoiding people or places

Signs of Depression

- ☐ Depressed mood most of the day
- ☐ Sleeping difficulties
- ☐ Tiredness or loss of energy
- ☐ Slowed or agitated movements
- ☐ Feeling guilty or worthless
- ☐ Difficulty concentrating
- ☐ Difficulty making simple decisions
- ☐ Thoughts of death or dying
- ☐ Difficulty concentrating and making decisions
- ☐ Low motivation and/or Less interest in things
- ☐ Negative and self-critical thinking
- ☐ Thoughts of death or dying
- ☐ Hopelessness about the future, the world and themselves