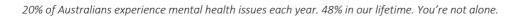
## SIGNS OF STRESS AND POTENTIAL MENTAL HEALTH ISSUES





General Signs of Mental Health Decline		General Signs of Stress	
	Sudden uncharacteristic changes in mood & behaviour Decline in performance, functioning and self-care Disturbance in sleep, energy levels, appetite, weight and physical health Increased mood intensity:  o depressed/sad; o irritable/angry; o 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	00000000000000000000	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
Sign	s of Anxiety		Increased substance use (or excessive use)
	Excessive worries or feelings of guilt Physical reactions of: Racing heart, hot/flushed, aches & pains Shaky, dizzy, lightheaded or faint Nauseous or pain in the stomach Feeling numb or tingly 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	Sign	s Observable at Work
			Emotional responses and erratic behaviour— uncharacteristic behaviour which may be overly sensitive, irritable, angry, teary or tense Obsession with parts of the job, and neglect of others Working longer or fewer hours than usual Disengagement and low morale Withdrawal behaviour such as reduced participation in work activities Increased unplanned absence Increase in use of negative language and workplace conflict
Signs of Depression			Physical symptoms such as appearing tired, headaches Changes in physical appearance such as less attention to
	Depressed mood most of the day Sleeping difficulties Tiredness or loss of energy		personal grooming Reduced levels of performance
	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 Felling hopelessness about the future, the world and oneself		Compassion fatigue Emotional exhaustion Reduced motivation Increased cynicism Negativity Sense of isolation as of Potential Trauma  Flashbacks (intrusive images of past events)
Seek help/recommend help if any of these signs are persisting, worsening or impacting on everyday functioning, performance, relationships or wellbeing			Bad dreams Avoiding certain places or people Easily angered or irritated and/or Felt on guard or easily startled