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INDICATORS OF POOR MENTAL HEALTH

1

CHANGE IN EFFECTIVENESS AT WORK

2

EATING LESS OR MORE

3

**CHANGE IN SLEEP –
LESS OR MORE**

4

DRINKING MORE ALCOHOL

5

**FREQUENT CHANGES IN MOOD
AND LOSING YOUR TEMPER EASILY**

6

**WORRYING CONSTANTLY
OR IMAGINING THE WORST**

7

**FINDING IT HARD
TO MAKE DECISIONS**

8

FEELING OVERWHELMED

9

FEELING TIRED

10

**TALKING LESS AND FEELING
LESS INTERESTED IN DAY-TO-DAY
ACTIVITIES**