



# SPOTTING THE SIGNS AND SYMPTOMS OF POOR MENTAL HEALTH – NOTICE THE CHANGES

## PHYSICAL SYMPTOMS

Headaches  
Muscle Tension / Back Ache  
Tight Jaw / Grinding Teeth  
Raised Heart Rate / Faster Breathing  
Changes in Appetite  
Stomach Problems  
Difficulty Sleeping

## BEHAVIOURAL SYMPTOMS

Avoiding & Blaming Others  
Eating More, Eating Less or Comfort Eating  
Using Alcohol, Substances or Smoking  
Snapping at Others  
Becoming more Accident Prone  
Biting Nails  
Fidgeting  
Self-Harm

## COGNITIVE SYMPTOMS

Excessive Worry About the Past or Future  
Racing Thoughts  
Panic Attacks  
Problems Concentrating  
Memory Lapses / Forgetting Things  
Difficulty Making Decisions  
Unable to Think Clearly

## EMOTIONAL SYMPTOMS

Irritable  
Frightened  
Worried/anxious  
Angry  
Feeling overwhelmed  
Fear  
Shame  
Crying

**VISIT OUR WEBSITE FOR MORE**

You can find more useful resources on our website at [www.hhswellbeing.com](http://www.hhswellbeing.com)

