

# #Time2Recognise



*Time2Recognise helps you to identify the signs and symptoms of the most common Mental Health Problems which affect your Wellbeing. These include: Stress, Anxiety and Depression. Such signs and symptoms can be separated into four individual categories as demonstrated. Recognising the following can be your first step to getting help and support you need.*



## Cognitive Symptoms

- Problems with your Memory
- Concentration Difficulties
- Poor Decision Making and Judgement
- Only Seeing the Negative
- Worrying Constantly



## Emotional Symptoms

- Low Mood and General Unhappiness
- Increasing Agitation
- Anger, Irritability and Mood Swings
- Becoming easily Overwhelmed
- Isolation and Loneliness



## Physical Symptoms

- Regular Aches and Pains
- Constipation or Diarrhoea
- Dizziness and Nausea
- Increased Heart Rate and/or Chest Pain
- Frequently Cold or Flu like symptoms
- Loss of Sex Drive

## Behavioural Symptoms

- Increase or Decrease in Appetite
- Sleeping too Little or too Much
- Social Withdrawal and Loss of Interest in things you enjoy
- Neglecting Responsibilities (Hygiene, Work etc.)
- Using: Cigarettes, Alcohol or Drugs to Relax
- Beginning nervous Habits (Pacing, Biting Nails etc.)

**At this point it is important to note that the above symptoms are completely normal and are the body's natural way of recognising and protecting itself from common stressors and causes of Stress, Anxiety and Depression.**

**Therefore, do not feel ashamed or embarrassed if you feel like this. Ensure you talk to someone, and use the help and support from Time2ThinkofU to start improving how you are feeling**

## Common Causes of Stress, Anxiety and Depression

### External Factors

- Major Life Changes
- Work and Education
- Relational Difficulties
- Financial Problems
- Being too Busy
- Family and Children

### Internal Factors

- Pessimism
- Unaccepting of Uncertainty
- Lack of Flexibility
- Negative Self-talk
- Unrealistic Expectations
- All-or-nothing Attitude