Distress Symptoms or Signals

1. Expression of boredom with much or everything.
2. Tendency to begin vacillating in decision-making.
3. Tendency to become distraught with trifles.
4. Inattentiveness or loss of power to concentrate.
5. Irritability.
6. Procrastination.
7. Feelings of persecution.
10. Tendency to misjudge people.
11. Uncertain about whom to trust.
12. Inability to organize self.
13. Inner confusion about duties or roles.
14. Physical changes such as:
   - Sudden, noticeable loss or gain of weight
   - Sudden change or appearance
   - Decline or improvement in dress
   - Sudden change of complexion (sallow, reddened, acne)
   - Difficult breathing
   - Sudden change of smoking habits
   - Sudden change in use of alcohol
   - Allergies or new allergies
   - Sudden facial expression changes
   - Sudden changes in social habits
   - Not going to work or home according to past schedule
   - Change of life situation or style, e.g., marriage, birth of baby, divorce, death of spouse.