

What Are Symptoms of Mental Distress?

Everyday stressors can challenge our ability to cope. A few of these stressors may include family, money, health, work demands, peers, life expectations and psychological safety. The brain reacts to the stressful stimuli with either a mindful response, taking control of your own emotions and behaviour, or an auto response, reacting to the environment and blaming external factors. Symptoms of mental distress include:

Physical	Emotional
<ul style="list-style-type: none"> • Muscular tension/headaches • Upset stomach • Grinding/clenching teeth • Difficulty sleeping/fatigue • Shortness of breath • Cold hands and feet • Trembling/shakiness • Frequent colds, flu, infections • Rapid loss or gain of weight 	<ul style="list-style-type: none"> • Anxiety • Anger • Irritability • Depression • Hopeless/trapped • Out of control • Guilty/self-conscious • Apathy • Feeling of incompetence
Intellectual	Personal Wellbeing
<ul style="list-style-type: none"> • Impaired judgment • Inability to concentrate • Easily distracted • Memory loss • Excessive worry • Difficulty in making decisions/procrastination 	<ul style="list-style-type: none"> • Questioning values • Loss of purpose and meaning • Isolating yourself from friends, family and your community • Loneliness • Excessively busy

Note. From "Operationalizing workplace mental health. Strategy to action." by W. A. Howatt, 2019, *The Conference Board of Canada*, p. 28-29.