

Early Warning Signs of Trouble

Recognizing the early signs of trouble can help you address mental and emotional strain that may be triggered by turbulent financial times.

These signs include:

- Feelings of sadness/crying
- Anxiety
- Fatigue
- Withdrawal, isolation or avoidance
- High and low mood swings
- Irritability and impatience
- Relationship issues or, conflict with others
- Confusion, reduced concentration or forgetfulness
- Overreactions to situations at work and at home
- Feelings of lethargy or apathy
- Frequent physical illnesses such as colds, influenza and headaches
- Increased alcohol or drug use

Remember, when faced with challenging situations, your EAP is here to lend a helping hand.