

Signs that may suggest distress:

- **change in behavior suddenly**
- **a lot of absences from work or class**
- **insomnia**
- **oversleeping, thus being late a lot**
- **fatigue, lack of energy**
- **appearing sad, malaise**
- **appearing distressed, or in despair**
- **lack of concentration, focus**
- **a lot of mistakes in the work**
- **memory lapses**
- **teary – appearing vulnerable and fragile**
- **anger-intense and out of character**
- **disheveled appearance that is out of character**
- **erratic behavior**
- **changes in eating or sleeping**
- **when they tell you that they are in distress**