

How Are You Feeling?

I'm doing okay

I'm socially and physically active.

I have normal mood fluctuations - I cope well and take things in stride.

I'm productive and consistent in my personal and academic performance.

I'm energetic. I

sleep well.

I'm confident in myself and comfortable with others.

I find meaning and success in my life.

I'm starting to struggle

I find myself reaching for more unhealthy coping strategies to keep up with my activities.

More often than not, I feel stressed, worried, nervous, angry, tearful or sad.

My academic or work performance has decreased. I'm procrastinating or forgetting things.

I'm irritable, impatient, panicked, restless or fatigued.

I have difficulty relaxing, or my mind is preoccupied by intrusive thoughts.

It's getting difficult to socialize. I find myself cancelling plans and leaving texts unanswered.

I'm starting to feel worthless.

I need help

I feel isolated, even when I'm with people closest to me.

I feel a high level of anxiety, panic or deep sadness every day.

I constantly feel exhausted - some days I can't get out of bed.

More often than not, I feel stressed, worried, nervous, angry, tearful or sad.

My thinking and emotions feel out of control.

I'm not acting like myself - my important relationships are strained and stressful.

I feel overwhelmed by it all. I've thought about suicide.

I'm in crisis

I'm experiencing persistent suicidal thoughts and urges.

I'm having the strong urge to hurt someone else.

I'm not able to keep myself safe.

I'm unable to care for my basic needs; I'm completely shut down.

I'm seeing or hearing things that other people can't perceive.