## **Deconditioning:** WHEN SHOULD I SEEK HELP?



## **Psychological and emotional symptoms:**

Overwhelming anxiety and fear;

Feeling panicked when there is talk about the virus;

Intrusive negative thoughts;

Loss of pleasure and interest in activities you usually enjoy.

## **Physical symptoms:**

A feeling of suffocation, increased heart rate, dizziness, nausea;

Major sleep disturbances;

Significant loss of appetite that may be associated with weight loss;

Lack of energy and extreme fatigue, exhaustion.

## **Behavioural symptoms:**

Difficulty performing daily tasks;

Avoiding contact with persons outside the household due to fear of contagion;

Repeatedly monitoring yourself for virus-related symptoms;

Intense and frequent crying spells;

Marked irritability and aggressiveness, conflicts with those close to you;

Lack of concentration;

Alcohol, drug or prescription medication abuse.







Having several of these symptoms may indicate that your personal resources are no longer enough to help you manage your day-to-day concerns. It may be time to reach out for help.

Taken from "Stress, anxiété et déprime associés à la maladie à coronavirus COVID-19", Ministère de la Santé et des Services sociaux, Québec.

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