

# 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.

