MENTAL HEALTH PROBLEMS ARE MEDICAL CONDITIONS & NEED TO BE ADDRESSED EARLY BY LICENSED MEDICAL PROFESSIONALS.

**STAGE 1**
1. Senses heightened (smelling, hearing, etc.)
2. Feeling like you’re in a fog, concentration clouded
3. Sense that something is “not right”
4. Body aches with no explanation for them

**STAGE 2**
5. Major changes in eating habits
6. Weight loss or weight gain
7. Feeling unusually sad, down, or irritable
8. Significant low energy, problems sleeping; or high energy, excessive spending
9. Confused thinking or reduced ability to concentrate/focus

**STAGE 3**
10. Inability to cope with stress
11. Excessive fears, worries, guilt, or irritability
12. Feeling worthless and/or overwhelmed
13. Trouble understanding and relating to situations and people
14. Withdrawal from friends, family, and activities

**STAGE 4**
16. Extreme mood swings
17. Alcohol or drug abuse
18. Sex drive changes
19. Suicidal thinking
20. Excessive anger, hostility or violence
21. Detachment from reality (delusions), paranoia, or hallucinations
A healthier mind is a happier life

- Get plenty of sleep
- Maintain a healthy diet
- Have at least 2 close friends to confide in
- Laugh often
- Have a spiritual connection
- Count your blessings
- Don't neglect medical check ups
- Help others
- Be patient
- Have at least one hobby

Learn more at www.americanmentalwellness.org