### STAGES OF A MENTAL HEALTH PROBLEM

**IF ONE OR MORE OF THESE IS HAPPENING YOU COULD HAVE A MENTAL HEALTH PROBLEM WHICH IS A TREATABLE MEDICAL CONDITION. TALK TO YOUR DOCTOR RIGHT AWAY.**

- **Having trouble feeling positive emotions**
- **Fatigue, energy loss, or sleep changes**
- **Changes in appetite and/or weight**
- **Ongoing unexplained physical complaints**

- **Less interest in your appearance or dress**
- **Social withdrawal, loss of interest in activities**
- **Confusion, disorientation, problems focusing**
- **Memory loss, especially short-term memory**
- **Noticeable mood changes, such as increased worry or irritability**

- **Feelings of worthlessness, guilt, helplessness**
- **Problems maintaining home, yard, or car**
- **Trouble handling finances or working with numbers**
- **Unusual thinking or behaviors that are concerning to others**

- **Engaging in high-risk behavior**
- **Seeing or hearing things that aren’t there**
- **An increased use of alcohol or drugs**
- **Self harm or suicidal thoughts**

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[Older Adult 55+ Card]

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A HEALTHIER MIND IS A HAPPIER LIFE!

[Older Adult 55+ Card]

AT LEAST 30 MINUTES OF MODERATE EXERCISE EVERY DAY

EAT A HEALTHY DIET

READ NEWSPAPERS, MAGAZINES, AND BOOKS

ENGAGE IN A HOBBY

AVOID SMOKING AND DRINKING

KEEP UP YOUR SOCIAL LIFE AND HAVE ENGAGING CONVERSATIONS

PLAY CHALLENGING GAMES LIKE SCRABBLE, CHESS, AND CARDS

HAVE A MENTAL HEALTH ADVANCE DIRECTIVE

PRACTICE USING YOUR MEMORY

PRAY OR MEDITATE OFTEN

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