



SIGNS AND SYMPTOMS OF MENTAL ILLNESS

Think of yourself, a co-worker, family member or friend who may be struggling. Check all that apply.

- Withdrawn
- Sad
- Aggressive
- Isolated
- Mood swings
- Poor sleep habits
- Poor hygiene
- Poor nutrition
- Inability to concentrate
- Decreased productivity
- Intrusive thoughts
- Increased alcohol use
- Worry
- Fear
- Increased productivity (never overlook the high performers)

I was a chameleon in the workplace, and I suffered in silence. I was an overachiever who hid behind a mask of high performance.

When I was ill, the following are signs I displayed in the workplace that went unnoticed:

- I withdrew and only spoke when necessary.
That was a sign.
- I performed in a more isolated capacity.
That was a sign.
- I stopped coming up with my “out of the box” ideas.
That was a sign.
- I rescheduled or cancelled meetings when the anxiety was too intense.
That was a sign.
- I overindulged in alcohol and was the life of the corporate parties.
That was a sign.
- I stopped reaching out to co-workers.
That was a sign.

THREE THINGS YOU CAN DO TO SUPPORT SOMEONE IN DISTRESS:

- 1** Create a safe space for the person to speak openly without fear of shame or judgement
- 2** Use person centered and recovery focused language
- 3** Listen with care and practice empathy

**ARE YOU A CORPORATE LEADER?
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