

YOUR SIGNS OF POOR MENTAL WELLBEING

“If you listen to your body when it whispers, you won’t have to hear it scream.”

An important first step in improving your mental health is developing a clear understanding of your signs of poor mental wellbeing. The impact of the changes you make will become clearer if you have a decent understanding of how poor mental wellbeing impacts your mind, body and behaviour. You can track your signs and determine your progress.

Developing awareness of your signs also puts you in a better position to notice when your mental wellbeing is deteriorating in future, allowing you to take quicker and more effective action to feel better.

Many people are so fixated on what’s causing their distress, and not on how it’s impacting them. This can lead to rising levels of poor mental wellbeing that creep up on us in slow and insidious ways. We also believe that focusing on your signs is much more helpful than focusing on diagnostic labels (read more about our views on our flawed mental health system [here](#)).

So, first: review the following page and use the boxes below to create an overview of your personal signs of poor mental wellbeing:

MIND

BODY

BEHAVIOUR

SIGNS OF POOR MENTAL WELLBEING

MIND	BODY	BEHAVIOUR
<ul style="list-style-type: none"> » Low mood and tearfulness » Numbness and emptiness » Hopelessness » Uninterest in life » Feelings of inferiority and worthlessness » Feeling as though there's a barrier between you and others – like you're an outsider or alien » Losing your sense of humour » Irritability » Impatience » Frustration » Mood swings » Memory issues » Finding it difficult to communicate » Racing thoughts » Worry » Fear and a sense of dread » Anger » Loneliness » Guilt » Paranoia » Intrusive thoughts » Disturbing mental images » Feelings of unreality » Thoughts of death and suicide » Hallucinations 	<ul style="list-style-type: none"> » Breathing difficulties – the resulting imbalance of CO2 and oxygen can lead to: <ul style="list-style-type: none"> • <i>Chest tightness</i> • <i>Shooting chest pains</i> • <i>Feeling like you can't breathe</i> • <i>Heart pounding and racing</i> • <i>What feels like an irregular heartbeat</i> • <i>Butterflies in the stomach</i> • <i>Sweating or hot flushes</i> • <i>Feeling dizzy or light-headed</i> • <i>Weakness</i> • <i>Feeling sick</i> • <i>Shaking hands and legs</i> • <i>Sweaty palms</i> • <i>Tingling or numbness of the arms, legs, fingers, toes or face</i> • <i>Blurred vision</i> • <i> ringing or pulsating in the ears</i> • <i>Body tremors</i> • <i>Panic attacks</i> » Sleep problems » Fatigue » Digestive issues – stomach cramps, bloating, constipation, diarrhoea, indigestion, heartburn and acid reflux » Muscle tension in the neck, shoulders and jaw, which can result in physical aches and pains » Acne » Skin rashes » Dry mouth » Eye twitches » Temporary hair loss (which grows back) 	<ul style="list-style-type: none"> » An urge to withdraw and avoid situations » Feeling frozen/stuck » Finding it hard to slow down and relax » Constant fidgeting » Seeking reassurance » Sleeping too little/too much » Eating too much/too little » Using tobacco, alcohol and other drugs more than usual » Low libido and sexual problems » Neglecting self-care » Moving slowly » Excessive yawning » Excessive urinating » Picking or pulling your fingers, nails and hair » Self-harming