

Recognising subclinical symptoms: Your guide to early awareness

Common reactions to life adversities can significantly impact your daily life. Recognising and addressing these reactions early can help improve your overall well-being.

Which reactions to **pay attention to?**



Mild mood changes: More frequent sadness or less optimism than usual.



Low energy: Feeling less energetic, making even small tasks feel more challenging.



Difficulty concentrating: Trouble focusing on tasks at work or home, like reading or watching TV.



Minor sleep changes: Slight disturbances in your standard sleep patterns.



Appetite changes: Eating more or less than usual without trying to change your diet.



Social withdrawal: Slightly pulling back from social activities and gatherings.



Mild Anxiety: Experiencing occasional, mild waves of anxiety (e.g. feeling nervous or on edge) without a clear trigger.

How some life situations **can affect your wellbeing.**



Work: Some life situations may affect your ability to be focused which can lead to decreased productivity and increased mistakes at work.



Social life: Feeling mildly down or withdrawn can make you less likely to engage with family friends, leading to isolation.



Hobbies: Low energy and motivation can result in neglecting hobbies and personal projects that usually bring joy and satisfaction.

Managing **negative reactions.**



Healthy eating: Maintain a balanced diet of fruits, vegetables, and whole grains to boost energy and mood.



Regular exercise: Engage in at least 30 minutes of moderate exercise daily to enhance physical and mental health.



Good sleep practices: Establish a regular sleep routine, avoiding screens before bedtime to improve sleep quality.



Relaxation: Practice relaxation techniques such as deep breathing for 10 minutes each day to reduce stress.



Seeking support: If symptoms persist or worsen, consider consulting a mental health professional for guidance and support.

