

## ANXIOUS?



Are you experiencing any of the following?

• Restlessness, nervousness, feeling tense  
• Increased heart rate  
• Difficulty breathing  
• Excessive sweating  
• Irritability  
• Fatigue  
• Feeling nervous or lethargy  
• Panic attacks  
• Obsessive or compulsive problems  
• Avoidance of triggering situations  
• Intrusive thoughts

## CHRONIC PAIN?



Are you experiencing any of the following?

- Joint Pain
- Muscle Pain
- Burning Pain
- Fatigue
- Trouble sleeping
- Mood problems including depression, anxiety, and irritability due to chronic pain

## FEELING SAD?



Are you experiencing any of the following?

- Persistent sad, anxious, or "empty" feelings
- Lack of motivation
- Difficulty making decisions
- Low self-esteem
- Guilt, worthlessness, or helplessness
- Irritability
- Grief
- Disturbed Sleep
- Chronic fatigue
- Loss of interest
- Suicidal thoughts

## TROUBLE SLEEPING?



Are you experiencing any of the following?

- Trouble falling asleep or staying asleep
- Waking up multiple times during the night
- Waking up too early
- Feeling tired or groggy, even after a full night's sleep
- Feeling irritable, depressed, or anxious
- Trouble staying focused or keeping track of things
- Disorganized
- Increase in making errors or accidents
- Anticipation or stressing over not being able to sleep (for example, not wanting to go to bed because you know you won't be able to sleep)