Recognizing warning signs

sata CommHealth

Every one of us experiences anger, stress and anxiety differently.

Some of us may cry when feeling anxious, but some may keep quiet when faced with stressful situations.

Below are some of the common warning signs that you can learn to identify:

Changes in behaviour and physical signs

1. When a friend or colleague suddenly has a change in energy levels (e.g. from being quiet to angry or talkative OR from being friendly to very quiet).
2. When a friend or colleague is observed to have difficulty focusing and often makes mistakes at work.
3. When a friend or colleague is observed to have lost a lot of weight suddenly, and is showing poor hygiene quality most of the time.

Changes in verbal and situational signs

1. When a friend or colleague suddenly turns uncooperative and likes to argue a lot.
2. When a friend or colleague suddenly stops being friendly and stays away from gatherings.

If you observe any of the signs in yourself or a friend or colleague, seek help from your employer, doctor or staff from SATA as soon as possible.