

Circle the psychological vital signs that apply to you:

Unable to concentrate	Sleep disturbances, nightmares	Sens of humour	Feeling overworked or procrastinating	Calm and steady
More serious physical symptoms	Socially active	Persistent physical symptoms	Persistent anxiety or sadness	Exhaustion
Substance use is occasional and social	Self-doubt	Tension or headaches	Excessive anxiety, depression, or suicidal thoughts	Mentally alert
Irritability or pessimism	Reduced social contacts	Substance use is regular but controlled	Distrusts others	Angry outbursts or aggression
Sleeping well	Good energy levels	Low energy	Angry or cynical	Feeling overwhelmed, poor performance
Lethargic	Indecision, poor concentration	Physically active	Difficulty sleeping	
No contact with loved ones	Forgetfulness or intrusive thoughts	Occasional anxiety or sadness	Substance abuse or dependence	Confident in self and others
Feeling good	Excessive distrust	Physically inactive	Avoiding social contacts	Substance use is difficult to control
Fatigue	Significant sleep disturbances or oversleeping	Performing consistently	Unable to complete work tasks	Reduced physical activity