

My dashboard

By Dr. Georges Sabongui © 2018

Balance is extremely important when dealing with stress. When you look at your internal dashboard, do you see all green lights? Are there any red lights tipping you toward overload and stress? Let's all take care of ourselves so we can continue to do what we enjoy most.

Green

Healthy | Optimal

Yellow

Reacting | Stress

Orange

Injured | Burnout

Red

Illness | Depression | Mental illness



Physical

Good sleep
Good appetite, want to eat healthy
Want to take care of physical health
Rarely or never sick

Mild insomnia
Tired
Attracted to junk food often
Unmotivated to exercise
Trouble relaxing without a drink

Moderate insomnia
Exhausted
Binge eating
Drinking too much alcohol or using drugs to relax
Various aches and pains

Constantly sleeping or periods of no sleep at all
Constant aching in body
Immune compromised: always sick
Trouble getting off the couch or getting out of bed
Only moments of relief come from excessive drinking or drugs, or over-the-counter medication



Mental

Mentally clear
Focused
Good concentration
Creative problem-solving
Sees solutions

Easily distracted
Excessive worry
Procrastination
Avoidance
Sees obstacles

Chronically preoccupied
Inability to concentrate
Impaired decision-making
Memory loss
Constant focus on problems
Always negative

Impaired judgment
Paralyzed decision-making
*Suicidal thoughts or actions
**If you're having suicidal thoughts, seek help immediately and call 911.*



Emotional

Motivated
Excited
Good social network

Irritability
Loss of sense of humour
Discouraged
Impulsive
Seeing people is a chore

Anger
Anxiety
Low mood
Overwhelmed
Avoiding social situations

Apathy
Hopelessness or helplessness
Out of control: explosive-impulsive, holding it all in
Feeling like a burden
Isolating yourself from friends, family, and your community



Strategies

Self care: physical, mental and emotional
Serotonin boost
Take a work break or vacation

Reaching out to friends and family
Doing something to relax
Seeing your family doctor

Peer support, assistance programs, mental health first aid

Professional or clinical support: doctor, psychologist