

# PSYCHOLOGICAL HEALTH BAROMETER

Calm and collected  
Good level of energy  
Restful sleep  
Sense of humour  
Good self-confidence  
Physically and socially active  
Abstinence or low risk consumption  
(alcohol, drugs, etc.)

## HEALTHY

Occasional anxiety or sadness  
Irritability  
Difficulty sleeping  
Procrastination  
Self-doubt  
Decrease in physical activities  
Muscle tensions and headaches  
Moderate or risky consumption  
(alcohol, drugs, etc.)

## REACTIVE

Increasing anxiety and sadness  
Anger and despair  
Lack of concentration  
Restless sleep, nightmares  
Feeling overwhelmed  
Physical pain  
Fatigue  
Inactive physically  
Avoiding social interactions  
High risk consumption  
(alcohol, drugs, etc.)

## VULNERABLE

Constant anxiety and sadness  
Suicidal thoughts  
Excessive anger  
Inability to concentrate  
Severe sleeping problems  
Inability to complete tasks  
Distrustful of others  
Physical illnesses  
Exhaustion  
Cutting contact with loved ones  
Depression  
Abuse or addiction  
(alcohol, drugs, etc.)

## DISTRESS

**PUBLIC HEALTH**  
**GASPÉSIE-ÎLES-DE-LA-MADELEINE**

Centre intégré  
de santé  
et de services sociaux  
de la Gaspésie

Québec 

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