



# CHOICES RETREATS

## QUICK GUIDE

### DO I, OR DOES MY LOVED ONE, HAVE TO SEEK PROFESSIONAL HELP NOW ?

Most of us never really know when it is time to actually make a move and seek professional help. This is a common behaviour among many of us because we have an automatic tendency to want to believe that we are fine and can manage on our own.

Acknowledging that we are struggling is all too often misperceived as a sign of 'weakness' or 'failure', which leads us to further denying the reality of our situation until we actually hit rock bottom. As you may know, there are many ways of 'hitting rock bottom', and most of the time, many of the unfortunate events we end up experiencing are in fact avoidable.

Solutions are within reach, especially when we are properly informed, and preferably informed way ahead of time, and even more importantly, know exactly who to turn to.



Below is a list of signs that can assist you or a loved one to know that it is time to make a move and seek help.

- FEELING EMOTIONALLY OVERWHELMED
- DIFFICULTIES COPING
- SUDDEN ANGER OUTBURTS
- EASILY IRRITATED
- BEHAVING IMPULSIVELY AND ENGAGING MORE FREQUENTLY IN SELF-DESTRUCTIVE BEHAVIOURS LIKE DRINKING, TAKING DRUGS, PROMISCUOUS RELATIONS, GAMBLING OR OTHER ADDICTIVE BEHAVIOURS.
- TROUBLE CONCENTRATING
- PERFORMANCES AT WORK DROP
- TROUBLE SLEEPING
- TROUBLE EATING OR BINGE EATING
- POOR IMMUNE SYSTEM WITH AN INCREASE IN HEALTH RELATED ISSUES
- INABILITY TO STOP THINKING ABOUT A TRAUMATIC EVENT
- WITHDRAWN
- ISOLATED
- LOSS IN MOTIVATION
- FEELING HELPLESS
- FEELING HOPELESS
- EXCESSIVE OR MORE THAN USUAL WORRY & ANXIETY
- SUICIDAL IDEATIONS
- MORE RELATIONSHIP ISSUES
- PEOPLE AROUND YOU ARE ACTUALLY TELLING YOU THAT THEY ARE CONCERNED FOR YOU AND YOUR WELL-BEING

If you relate to some of the symptoms above, or if you noticed that your loved one is displaying some of the symptoms in the list, this would be an indication that it is now time to seriously consider seeking professional help.