



Feeling very nervous about an exam or job interview

Can't cooperate

Feel more irritated than usual

Lack of confidence in own abilities

Headache/belly ache/nausea

Not going out, not talking to friends or family

Not looking after yourself, not eating well

Constant tiredness/very low energy

Feeling very sad/crying easily

Finding studying or going to work difficult

Constantly feeling worried and irritable

Sleep problems

Difficulties in concentrating

Worrying that something terrible is going to happen

Feeling stressed about going out in public

Stress



Hearing voices and seeing things that aren't there (hallucinations)

Believing people are saying nasty things behind your back (delusions)

Having a short attention span

Unable to feel strong emotions

Increased energy/loads of energy

Impulsive behaviour, spending lots of money

Feeling euphoria/extreme happiness

Feeling extreme despair

Not going out, not talking to friends or family

Not looking after yourself, not eating well

Lack of confidence in own abilities

Constant tiredness/very low energy

Feeling very sad/crying easily

Finding studying or going to work really difficult

Constantly feeling worried and irritable

Sleep problems

Difficulties in concentrating

Worrying that something terrible is going to happen

Feeling stressed about going out in public

Stress