



Empowering Veterans To Better Manage Their Own Lives Through Motorsport



## SIGNS AND SYMPTOMS

Physical	Psychological	Behavioral
<ul style="list-style-type: none"> <li>• fatigue</li> <li>• indigestion or upset stomach</li> <li>• headaches</li> <li>• appetite and weight changes</li> <li>• joint and back pain</li> <li>• changes in sleep patterns</li> <li>• visible tension or trembling</li> <li>• nervous trembling speech</li> <li>• chest or throat pain</li> <li>• sweating</li> <li>• constantly feeling cold</li> </ul>	<ul style="list-style-type: none"> <li>• anxiety or distress</li> <li>• tearfulness</li> <li>• feeling low</li> <li>• mood changes</li> <li>• indecision</li> <li>• loss of motivation</li> <li>• loss of humor</li> <li>• increased sensitivity</li> <li>• distraction or confusion</li> <li>• difficulty relaxing</li> <li>• lapses in memory</li> <li>• illogical or irrational thought processes</li> <li>• difficulty taking information in</li> <li>• responding to experiences, sensations or people not observable by others</li> <li>• increased suicidal thoughts</li> </ul>	<ul style="list-style-type: none"> <li>• increased smoking and drinking</li> <li>• using recreational drugs</li> <li>• withdrawal</li> <li>• resigned attitude</li> <li>• irritability, anger or aggression</li> <li>• over-excitement or euphoria</li> <li>• restlessness</li> <li>• lateness, leaving early or extended lunches</li> <li>• working far longer hours</li> <li>• intense or obsessive activity</li> <li>• repetitive speech or activity</li> <li>• impaired or inconsistent performance</li> <li>• uncharacteristic errors</li> <li>• increased sickness absence</li> <li>• uncharacteristic problems with colleagues</li> <li>• apparent over-reaction to problems</li> <li>• risk-taking</li> <li>• disruptive or anti-social behavior</li> </ul>

