

MOOD DISORDERS

WHAT IS A MOOD DISORDER?

Mood disorders affect how someone feels and thinks about themselves and life in general. Mood disorders also affect how someone responds to life stressors.

COMMON SYMPTOMS AFFECT SOMEONE AT WORK

Physical

- Extreme changes in energy levels at work
- Reduced activity tolerance
- May require more frequent breaks due to pain and weakness

Cognitive

- Difficulty communicating with coworkers
- Difficulty with work tasks that include:
 - Memory
 - Attention
 - Concentration

Emotional

- Little interest in a job you previously enjoyed
- May impact mood which can affect relationships at work
- May lead to feelings of hopelessness, frustration, and sadness

MOOD DISORDERS MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support
