

...ands do not match their  
...y to cope

## AND M OM

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### OM AFFEC OMEONE O K Cognitive Emotional

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heart rate and/or  
ssure

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- May be easily distracted
- instructions and concentration

Mood changes including feelings of sadness, anxiety, and/or irritability, which may affect relationships at work

### K- ELA ED NAGEMENT

contact your health care provider and management of your symptoms  
your symptoms are affecting reach out to the [Employee Well-being Consultant for your department](#)

- For more information, please
- [OHCOW - Workplace Resources](#)
  - [CCOHS - Mental Health](#)

