

# Aurora Employee Assistance Program



## Signs & Symptoms of At-Risk Employees

During challenging economic times, people may have a feeling of being out of control. Reactions to financial stressors vary for each individual. Listed below are common signs and symptoms.

### Emotional Responses

- Shock/numbness
- Feeling vulnerable
- Anxiety
- Fear
- Sadness
- Guilt
- Irritability
- Anger
- Depression
- Mood Swings

### Physical Responses

- Changes in sleep patterns
- Changes in appetite
- Shallow, rapid breathing
- Increased heart rate
- Muscle tension
- Dizziness
- Headaches
- Gastrointestinal problems

### Mental Responses

- Difficulty concentrating
- Memory problems
- Poor attention
- Mental fatigue
- Increased negative thinking
- Difficulty multi-tasking
- Decreased team member skills

### Behavioral Responses

- Decreased productivity
- Increased errors
- Low energy, poor motivation
- Social withdrawal
- Crying
- Fear of being alone
- Irritable response to others
- Angry outbursts
- Relationship difficulties
- Over or under eating
- Increased use of drugs
- Increased use of alcohol

Remember, Aurora EAP offers free consultation with Account Executives, EAP counselors and financial professionals.



*Aurora Health Care*®

**1 (800) 236-3231**

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