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ADULTS

How anxious do I have to be for it to be considered Generalized Anxiety Disorder?

While anxiety is a healthy and adaptive emotion, anxiety becomes Generalized Anxiety Disorder when you experience the following:

- Constantly feeling anxious
- Often worrying about a variety of things, like work, family, and your health
- Attempts to try to reduce the amount of worrying do not work
- Feeling like you can't sit and relax
- Feeling tired for no clear reason
- Being so distracted by anxiety and worry you can't focus
- Easily irritated by even small annoyances
- Tense muscles that can lead to muscle soreness
- Difficulties falling or staying asleep due to anxiety or worry



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I'm not sad, could I have Major Depressive Disorder?

Most people think Major Depressive Disorder means you have to feel sad, but not everyone who experiences depression feels sad. Many are just emotionally numb or lacking joy while experiencing the following:

- Not getting the same amount of joy from previously enjoyed activities
- Changes in appetite, eating patterns, and weight
- Moving and talking more slowly or becoming more restless
- Sleeping more or less than usual
- Feeling drained and lacking in energy
- Harsh self-criticism, worthlessness, or guilt that is not warranted
- Difficulty focusing on tasks and making decisions
- Thinking death would be a relief or considering suicide
- Physical health complaints like headaches or stomach aches
- Avoiding friends and family whose company you enjoy
- Difficulties reaching out to others for help
- Difficulties doing the things required of you, like work or chores



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Is this a healthy reaction to trauma or am I developing a Post-Traumatic Stress Disorder (PTSD)?

Experiencing or witnessing a traumatic event is always challenging, but recovery may not be going well if you notice the following for a long time after the experience:

- Having unwanted memories, nightmares, or flashbacks of what happened
- Trying not to think about the trauma or feel how you did when experienced it
- Avoiding places or people that remind you of the trauma even though they are safe
- Difficulty remembering parts of the event with no clear reason
- Changes in how you see yourself, others, or the world in terms of things like safety and trust
- Beliefs about why the event occurred that are not accurate, often self-blame even though you're not responsible
- Consistently feeling sad and difficulty experiencing happiness or joy
- Withdrawing from others whose company was previously enjoyed
- Becoming irritated or angered over minor issues
- Engaging in behaviour that has a high potential for risk
- Constantly watching the environment for potential risks and being easily startled
- Difficulty focusing on tasks and making decisions
- Challenges falling or staying asleep



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How hard should controlling my emotions be?

The ability to control or regulate emotions varies greatly from person to person and even moment to moment, but the following are signs that you might be experiencing more difficulties than most:

- **Having multiple days of feeling great, not needing sleep, and doing much more than you usually are able to**
- **Strong emotional reactions that don't fit the situation**
- **Quickly changing from one extreme emotion to another**
- **Feeling easily overwhelmed by emotions**
- **Impulsivity and recklessness due to urges caused by intense emotions**
- **Substance use or self-harm behaviour to cope with difficult feelings**
- **Attempts to manage emotions that are often unsuccessful**
- **Forming unhealthy relationships because of a lack of emotional control**



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Isn't Schizophrenia just another way of saying psychosis?

Schizophrenia does always include some loss of sense of reality or psychosis, like:

- Strong beliefs about the world despite clear proof the beliefs are incorrect
- Experiencing sensations that are not based in reality, like seeing something others can't or hearing voices when no one is there

But Schizophrenia is more than just psychosis, it also includes:

- Speaking in a way that others can't follow or make sense of
- Clear and severe changes in their ability to do day-to-day tasks
- Showing less emotion and talking less
- Low motivation to do anything requiring effort
- Limited interest or pleasure in enjoyable activities



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Do you really know what Attention-Deficit/Hyperactivity Disorder (ADHD) is?

There is a lot of information about ADHD being shared on social media but not all of it is good information so let's set the record straight!

ADHD can include difficulties with just attention, just hyperactivity, or both together

You may be struggling with attention if you often:

- Have a hard time listening during conversations
- Lose or misplace important things like your keys, wallet, or cellphone
- Are easily distracted by things in the environment or even thoughts
- Start something and then do not finish because something else caught your attention
- Forget things that are important like appointments or household tasks
- Engage in procrastination or avoid tasks that require concentration
- Can pay attention for long periods of time on things that are of high interest (hyper-focus) but otherwise find concentration very challenging
- Make mistakes writing things down or following instructions because you're not paying close enough attention or checking your work

Difficulties with hyperactivity can look like:

- Fidgeting or tapping your hands or feet, or keeping your hands busy playing with something
- Feeling restless a lot, especially if not engaged in some kind of activity
- Having a hard time sitting down or staying still for any length of time
- Never taking a break to rest and yet still having a ton of energy
- Spending a lot of the time talking, even during activities that are typically done quietly
- Being highly impatient and thinking waiting is intolerable
- Taking over tasks when others take too long to do things
- Cutting people off when they are talking and blurting things out without thinking



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When does recreational alcohol or drug use become a Substance Use Disorder?

Many people have a beer after work or smoke a joint with friends on a night out, but the following are signs that your alcohol or drug use may be becoming problematic:

- Loss of control over your alcohol or drug use, including:
 - Using more alcohol or drugs than you intended to or for longer than you set out
 - Trying to cut down or stop using, but not being successful
 - Spending most of your time on getting, using, or recovering from alcohol or drugs
 - Strong wanting and desire for alcohol or drugs, known as craving
- Negative impacts on day-to-day life:
 - Not doing things you need to because you are either using alcohol or drugs, or recovering from the effects
 - Continuing to engage in alcohol or drug use even though it is having a negative affect on your relationships
 - Skipping other activities that you enjoy so you can engage in substance use
- Not caring about the risks you're taking when you engage in use:
 - Using alcohol or drugs when it could put you in physical danger
 - Continuing to use even though it's clearly making your physical or mental health worse
- Your body starts reacting differently to alcohol or drugs:
 - Needing to use more alcohol or drugs to feel the same effects, known as tolerance
 - Experiencing difficulties when you stop using alcohol or drugs that leads to wanting to resume use, known as withdrawal



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When does just trying to lose weight turn into an eating disorder?

Many people try to lose weight to become healthier and feel better but here are some signs that your focus on weight loss has become potentially problematic:

- Eating a very large amount of food at one time (when most people wouldn't) and feeling like you can't stop yourself
- Eating much faster than usual, until uncomfortably full, when not hungry, or eating alone out of embarrassment
- Feeling disgusted, depressed, or guilty after eating a large amount
- Vomiting or using laxatives to try to avoid gaining weight after eating too much
- Restricting food intake to compensate for overeating
- Exercising long hours at a high intensity to make up for food intake
- How good you feel about yourself is based on your weight or body shape