

# WHEN IS "DOWN" TOO DOWN?

**WE ALL HAVE DOWN TIMES.** That's normal. But what are the warning signs that our down times are getting too low? How do we know when we need help? There are certain signs counselors look for. Here are some of the most common:

■ *Isolation.* Do you isolate yourself from others for long periods of time?

■ *Sleeping.* Do you

have trouble sleeping? You may even spend a great deal of time in bed, but still you are constantly exhausted.

■ *Concentration.* Has it become difficult for you to focus your thinking on things?

■ *Apathy.* Do you find it hard to stir your interest in anything?

■ *Giving up.* Are you tired of trying to keep going? Do you wonder, what's the use? Do you question your

worth to yourself or others?

■ *Negative feelings.* Are you preoccupied with guilt, disappointment, hopelessness?

■ *Self-destructive behavior.* Have you turned to drugs, alcohol, vandalism or criminal activity, or loose morals?

■ *Physical problems.* Are you constantly preoccupied with your aches and pains?