

# PSYCHOLOGICAL DISTRESS BAROMETER

EMOTION/STATE	FEAR 	ANGER 	SADNESS 
<b>Intense</b>	Scared, panicked	Furious, enraged	Hopeless, depressive state
<b>Observable behaviours</b>	Panic attack Avoidance and evasion (screens, sleep, alcohol, drugs) that lasts several weeks	Aggressive actions (hitting) Aggressive speech directed toward others or themselves Behaviour that is repeated regularly	Withdrawal Loss of energy or interest, even in things that they like Neglecting their body (food, sleep, activities) Continues for more than two weeks
<b>RECOMMENDED BEHAVIOUR:</b> Here, the young person needs help and should be directed toward appropriate resources (psychologist, Special Education Technician, doctor, etc.).			
<b>Moderate</b>	Worried, anxious	Disgruntled, irritated	Dejected, depressed
<b>Observable behaviours</b>	The young person expects things to go wrong Withdrawal Procrastinating	Attacks others with words Sensitive Raises their voice	Occasionally falls asleep during class Withdraws at times Neglects their body for less than a week
<b>RECOMMENDED BEHAVIOUR:</b> Go to the young person if they don't come to you. Tell them the behaviour you've observed and the boundaries to be established (for aggressive speech). Let them know that you're there to help them or help them find other help (school or outside resources, seeing a family doctor, speaking about it with their parents, etc.).			
<b>Weak</b>	Preoccupied, worried	Upset, annoyed	Sad, disappointed
<b>Observable behaviours</b>	The young person is caught up in their thoughts Expresses their fear State of openness	Impatience Sighing Angry words or speech that isn't directed at others	Restrained or temporary crying Expresses what they're struggling with

**RECOMMENDED BEHAVIOUR:**  
Be present and listen. Name the emotion and communicate your willingness to help or see with the young person what could help them.