

# MOOD DISORDERS

## WHAT IS A MOOD DISORDER?

Mood disorders affect how someone feels and thinks about themselves and life in general. Mood disorders also affect how someone responds to life stressors.

## COMMON SYMPTOMS AFFECT SOMEONE AT WORK

### Physical

- Extreme changes in energy levels at work
- Reduced activity tolerance
- May require more frequent breaks due to pain and weakness

### Cognitive

- Difficulty communicating with coworkers
- Difficulty with work tasks that include:
  - Memory
  - Attention
  - Concentration

### Emotional

- Little interest in a job you previously enjoyed
- May impact mood which can affect relationships at work
- May lead to feelings of hopelessness, frustration, and sadness

## MOOD DISORDERS MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support

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