

# 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 TYPES OF MOOD DISORDERS

- Depression: Feeling sad, numb, or hopeless most days, for a period longer than 2 weeks
- Bipolar Disorder: Periods of depression and periods of mania (i.e. very energetic, happy, and/or angry)

This is not an exhaustive list of mood disorders.

## COMMON SIGNS AND SYMPTOMS



Extreme changes or uncharacteristic changes of the following:

- Eating habits
- Fatigue levels
- Mood
- Extreme changes in thoughts
- Extreme changes in behaviour
- Thoughts of suicide

## HOW 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
- Should you or someone you know have thoughts of suicide, help is available:
  - [Reach Out 24/7](#): 1-866-933-2023
  - [Talk Suicide Canada](#): 1-833-456-4566