



SIGNS TO WATCH OUT FOR TO AVOID PHYSICAL AND PSYCHOLOGICAL EXHAUSTION IN YOUR WORKING TEENAGER



	OKAY	NEEDS WATCHING
DIET	Eats and drinks, true to their habits, takes the time to do so	Skips meals because they lack time or are stressed, loss of appetite
SLEEP	Sleep unchanged or variable but without being fatigued, and not from lack of time	Tired, low energy level, regularly falls asleep at the wrong time (in class, when studying, as soon as they rest, etc.), trouble falling asleep at night, sleeps restlessly or has nightmares, often goes to bed very late to finish studying or homework, sleeps all the time
MOOD	Varies as usual, may be more irritable momentarily due to the stress of adjusting to the new job or new tasks	Irritable, mood swings, depressed, sad, apathetic, cynical about life or in general, anxiety
BODY	Nothing in particular to report	Catches viruses more regularly (colds, sore throats, etc.), muscle tension, frequent headaches, increase or deterioration of an existing condition (eczema, asthma, arthritis, psoriasis, allergy, etc.)
BEHAVIOUR	As usual	Aggressive, defiant, hypervigilant, passive, tics or compulsive behaviour, obsessive behaviour, procrastinates, excessive screen use or alcohol/drug use