

# Mental health

## in times of crisis and uncertainty

In a context of constant economic, social and health changes, mental health is becoming an increasingly important issue to improve our quality of life.

### Anxiety

### Depression

#### Physical

Tightening of the chest  
Shortness of breath  
Tachycardia  
Shaking



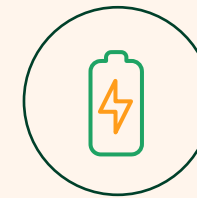
#### Emotional

Intense fear  
Sudden tearfulness



#### Mental

Excessive worry  
Mental hyperactivity



#### Physical

Lethargy  
Sleep problems  
Lack of concentration  
Appetite disorders



#### Emotional

Sensitivity or irritability  
Low self-esteem and melancholy



#### Mental

Mental fatigue  
Catastrophic vision