**LEVEL OF FUNCTIONING**

- Superior/good functioning in a wide range of activities
  - Can identify short and longer term plans for the future
- Generally functioning in several areas of life
  - Circumstances (e.g. exam stress, bereavement)
- Temporarily impaired
  - Symptoms may be understandable in the circumstances
- May have reduced level of concentration

**COGNITIVE AND ACADEMIC FUNCTIONING**

- High achieving
  - Performing well in the workplace/studies
- Engaged in a range of activities
  - Positive relationships with peers
- Positive coping skills
  - Good functioning overall
- Generally functioning in several areas of life
  - Study/work capacity fulfilled
- Concentrates on tasks and seems alert
  - Displays emotional warmth
- Energy to perform the majority of daily tasks required
- Positive coping skills
  - Displays emotional warmth
- Energy to perform the majority of daily tasks required

**SOCIAL FUNCTIONING**

- Returns to normal once situation resolved
  - Understandable stress reaction to difficult situations
- Occasional arguments
  - Returns to normal once situation resolved
- Minor ups and downs in relationships
  - Understandable stress reaction to difficult situations
- Engaged in social situations with peers
  - Minor ups and downs in relationships
- May demonstrate reduced self confidence/
  - Engaged in social situations with peers
- Reduced self esteem
  - May demonstrate reduced self confidence/
- May withdraw briefly
  - Reduced self esteem
- May use avoidance as a safety mechanism
  - May use avoidance as a safety mechanism
- May have reduced level of concentration
  - May have reduced level of concentration

**PSYCHOLOGICAL FUNCTIONING**

- Feel out of control or have panic attacks
  - Remove feeling of powerlessness
- Overwhelmed by stress
  - Excessive work or non-work stress
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of speech
- Poor coping
  - Disruption of sleep
- Poor coping
  - Disruption of speech
- Poor coping
  - Disruption of speech