|  |  |  |
| --- | --- | --- |
| upset | disgusted | heartbroken |
| annoyed | demoralized | down |
| sad | Depression | thoughtful |
| unhappy | bitter | disappointed |
| blue | distressed | despondent |
| depressed | pessimistic | anxious |
| mournful | despairing | grieving |
| sorrowful  | Anxiety | angry |
| nervous | lonely | content |
|  |  |  |

In which level of the triangle (Mental Disorder/Illness, Mental Health Problem, Mental Distress, No Distress, Problem or Disorder) do each of these belong?

|  |  |
| --- | --- |
| Experiencing a panic attack | Lost my job |
| Financial struggles | Missed my bus |
| Lost my phone | Loss of a parent |
| Romantic break up | Received a nasty email from parent |
| Critical illness in family | Failed a test |
| Moved to a new country | Renovating |

