CLÍNICA VIVALDI · FREE SHEET · TRAUMA AND STRESS

Adjustment disorder

Emotional distress or disproportionate changes in behaviour due to a stressful event (separation, dismissal, move, illness), beginning within the next three months.

COMMON SIGNS

- Anxiety or sadness after a change
- Difficulty keeping up with routine
- Irritability or feeling stuck

TIPS FOR YOU

1. Separate what you can change from what you can't
2. Keep basic sleep and eating routines
3. Brief therapy usually works very well

FOR FAMILY AND FRIENDS

1. Help with practical tasks
2. Listen without downplaying what is happening to them

WHEN TO ASK FOR HELP

1. If the distress lasts more than six months
2. If thoughts of death appear: 024

TO OBSERVE AND NOTE DOWN

☐ Since a recent change I have felt really bad

☐ I'm sadder or more anxious than usual

☐ I find it hard to keep up with my routine

☐ I'm sleeping worse

☐ I feel stuck

☐ I'm more irritable

☐ The distress started within three months of the change

☐ I feel I don't know how to cope with it

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-adaptacion
- Full article: Adjustment disorder: clinicavivaldi.com/en/trastorno-trastorno-adaptativo
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com