

# Spotting the Signs

**It's not always easy to spot the signs that someone may be struggling with their mental wellbeing. You'll see how tricky it can be as you read through the passage below. Your goal is to find and highlight twelve possible symptoms.**

Jody loved judo! School was OK – well, some subjects were more fun than others – but Jody didn't always find it easy to focus during lessons. In fact, in the last school report, several teachers had mentioned poor concentration. But judo was where Jody came alive, where they could work through emotions like feeling tearful or irritable.

At just six years old, Jody had their first judo class. Their mum said it would be a lot of fun, as well as a way of expressing their emotions, particularly if they were feeling angry. At the time, Jody was finding it hard to adjust to life, after their dad had left and had started avoiding activities they had previously enjoyed.

Jody remembers feeling overwhelmed during that first judo session because everyone else seemed so good. They recall being distracted at first by watching the more experienced members of the club performing incredible patterns of movements.

Jody's mum was expecting a loss of interest in judo, which is what had happened with other hobbies they'd tried, but all these years later, here they were.

Jody loved how judo made them feel. If they found themselves worrying more or stuck in a low mood, a judo class with their friends always made them feel better.

For example, when Jody was about eight, they were worried about their pet dog, Walter, who'd been losing weight. At the time, judo gave them something to focus on and kept them busy while their mum took Walter to the vets. It turned out that a change of dog food was all that was needed, and Walter soon started gaining weight again.

Today was competition day and Jody was feeling pumped. They'd been up since 6am this morning so should be feeling tired and sleepy, but the excitement was building, and the adrenaline made them feel ready to take on the world.

"Bring it on," thought Jody, as they stepped out to face their first opponent.



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**Here are the highlighted signs that might indicate someone is struggling with their mental wellbeing.**

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