COMMON SIGNS OF A NERVOUS BREAKDOWN

- Anxiety and irritability
- Emotional numbness
- Sleep issues
- Helplessness and low self-esteem
- Difficulty concentrating
- Changes in appetite
- · Lack of interest or motivation
- Social withdrawal





Nervous breakdown is not a medical diagnosis. See a doctor to know the exact cause of your symptoms.

How To Have A Nervous Breakdown Or Two English Edition

Yicheng Fang

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