



Red flags are events or experiences that can sometimes worsen mood. Both positive and negative life events can be red flags. Here are some examples:

Red Flags	
<ul style="list-style-type: none"> <li>• Pregnancy and postpartum</li> <li>• Parenting stressors</li> <li>• Relationship abuse or conflict</li> <li>• Moving or house renovations</li> <li>• Other problems with housing</li> <li>• Financial troubles or changes in income</li> <li>• Ministry involvement in own or family's life</li> <li>• Health problems (self or others)</li> <li>• Continued sleep deprivation, disruption or other sleep issues</li> <li>• Drinking or using drugs beyond recommended intake</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling depressed</li> <li>• Having too many responsibilities</li> <li>• Getting separated or divorced</li> <li>• Starting a new relationship</li> <li>• Getting engaged or married</li> <li>• Death of a loved one</li> <li>• Death of a pet</li> <li>• Starting or returning to work or school</li> <li>• Other work or school stress</li> <li>• Any other life events involving change.</li> <li>• Any other stressful experiences</li> <li>• Stopping medications for depression or anxiety</li> </ul>

If you can see that a “red flag” situation is coming, it is especially important to make sure that you are practicing good self-care and that you are using your self-management skills.

Think about what you know about how you tend to respond during times of stress (e.g., don't eat enough, pull back from friends and family). Have some specific ideas about what you can do to be prepared for this challenging period (e.g., ensure you have some microwave dinners in the freezer, make plans to get together or talk to friends at a specific time).