

## You could see or hear



### Anxiety

- Worried face
- Mood swings
- Expressing fears/worries
- Not sleeping well
- Breathing changes
- Feeling sick



### Restlessness

- Moving a lot
- Trying to get up
- Plucking at clothes or sheets
- Calling out
- Not able to settle



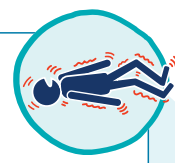
### Feeling sick and/or vomiting

- Vomiting
- Trying to vomit
- Holding stomach
- Burping
- Sweaty



### Seizures

- Looks vacant
- Jerky movements
- Shaking
- Eyes – rolling or staring
- Clenched jaw
- Loss of bladder control



### Pain

- Not wanting to be moved or moving a lot
- Crying
- Mood swings
- Saying they have pain
- Groaning noises
- Worried face
- Frowning



### Shortness of breath

- Chest and shoulders moving a lot
- Faster breathing
- Hard to talk
- Wheezing sound
- Looks scared
- New skin colour changes (e.g. blue, pale lips or nails)



### Rattly breathing

- Noisy breathing – gurgling, bubbling
- Ooze from mouth



### Troubling visions, sounds, thoughts

- Looks troubled about hearing or seeing things that are not there
- Talking to people who are not there
- Muddled talk
- Confused thinking
- Unsettled
- Not sure if it is day or night
- Not sure where they are

