TOOL 7

The Red-Flag Review

Broaden the investigation if exhaustion is:

- new;
- substantially worse;
- progressive;
- unsafe;
- present across most domains;
- associated with major sleep change;
- associated with marked mood change;
- accompanied by concerning physical symptoms;
- linked to new medication or treatment changes;
- strongly linked to hormonal transitions;
- severe enough that basic self-care is failing.

The question becomes: *What else needs assessment?*