

SYMPTONS OF DEPRESSION

Sad feelings

Low energy

Disturbed sleep

Changes in weight or appetite

Discouraged feelings about yourself, the world, or the future

Increased fear of worrying

A sense of guilt

Increased irritability

Decreased frequency or enjoyment of activities

Feeling powerless to change things – feeling stuck

Decreased sexual drive

Decreased memory or concentration

Trouble making decisions

Thoughts of death or suicide

CAUSES OF DEPRESSION

Loneliness or isolation

Losses in loved ones, friends, or lifestyle

Medication side effects

Decreases in meaningful or enjoyable activities

Chronic stress or worrying