

## Depression symptoms

Sadness

Hopelessness

Gaining or losing weight

Sleeps too much or too little

Restless

Moving takes great effort

Feels tired and low energy

Feels unworthy or guilty

Low self-esteem

difficulty focusing/remembering

Feels anxious, worried, or nervous

Drinking more alcohol or caffeine

Taking more prescription meds

smoking more often

Thoughts of suicide

Thinks others would be better off w/o him/her

No way out of situation

## Anxiety symptoms

Pounding or racing heart

sweating or cold, clammy hands

jumpy or restless

trembling, twitching, or shaking

difficulty catching breath

fullness in throat or chest

dizzy or lightheaded

stomachaches or nausea

difficulty falling asleep

restless

edgy or keyed up

angry or irritable

worrying a lot about decisions

Fear of something bad happening

easily distracted

difficulty concentrating

mind goes blank

hard to do normal activities

focused on what isn't going well

avoids certain places or things

drinking or using drugs to numb feelings