

# DEPRESSION & ANXIETY

## *The signs and symptoms*

### Depression can look like:

- Feeling bad about yourself
- Changes in sleeping patterns
- Feeling exhausted
- Changes in appetite or weight
- Feeling overwhelmed by pessimism, anger, guilt, irritability, and anxiety
- Changing feelings throughout the day for example, feeling worse in the morning and better as the day progresses
- Not able to enjoy life
- Changed sex drive: absent or reduced
- Decreased tolerance for minor aches and pains
- Poor concentration and trouble remembering
- Low motivation to do things that used to matter to you

### Anxiety can look like:

- Feelings of apprehension or dread, watching for signs of danger
- Trouble concentrating
- Feeling tense and jumpy
- Anticipating the worst
- Irritability, restlessness
- Stomach upset or dizziness
- Frequent urination or diarrhea
- Shortness of breath
- Headaches
- Feeling of losing control or going crazy
- Feeling like you're going to pass out
- Trouble breathing or choking sensation
- Hot flashes or chills
- Trembling or shaking
- Feeling detached or unreal

It is not uncommon for people to experience some signs of depression and/or anxiety. If you are concerned about your health or well-being, consider contacting a mental health professional.