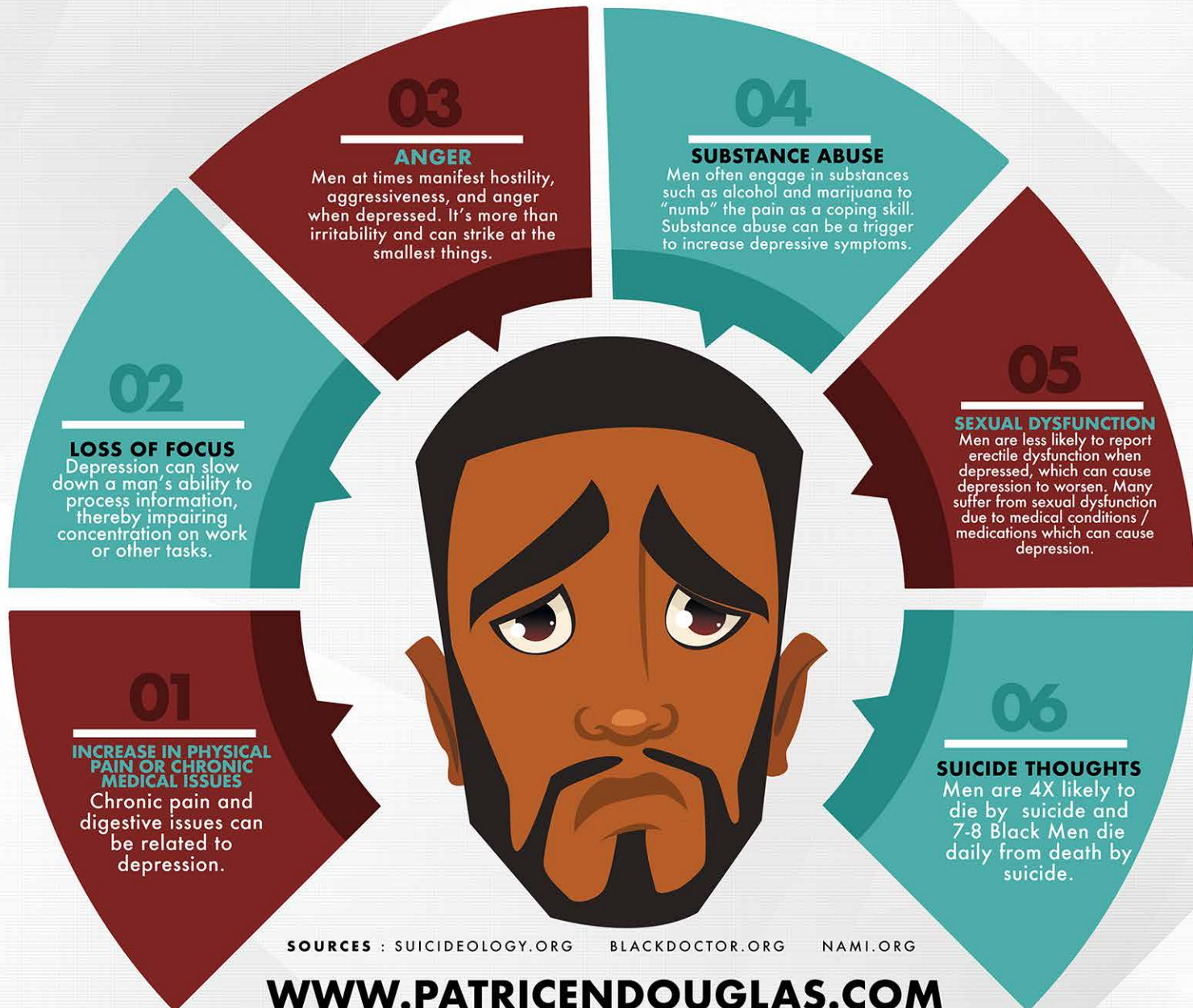


6 SIGNS OF DEPRESSION IN BLACK MEN

AT LEAST 7% OF BLACK MEN WILL EXPERIENCE DEPRESSION IN THEIR LIFETIME



TIPS FOR SEASONAL DEPRESSION IN BLACK MEN

**EVERYTHING IS
GETTING ON YOUR
NERVES**

**INCREASE TIME FOR
YOURSELF AND
AVOID INCREASING
ALCOHOL OR
DRUG USE**

**FEELING
SAD/WORTHLESS**

**TALK TO A
TRUSTED PERSON,
AND OR SEEK OUT
PROFESSIONAL
SUPPORT**

**CRAVING
CARBS/INCREASED
DESIRE TO EAT HEAVIER**

**INCREASE HEALTHY
PROTEIN SNACKS....EAT
THE PASTA JUST IN
MODERATION**



FEELING EXHAUSTED

**WIND DOWN
EARLIER AND GO TO
BED AT A DECENT
TIME--STOP
SCROLLING SOCIAL
MEDIA AT NIGHT.
CHECK YOUR
VITAMIN D LEVELS AS
WELL**

**LACK OF DESIRE TO DO
ANY PURPOSEFUL
TASKS**

**INCREASE SELF CARE
AND DON'T BE HARD
ON YOURSELF IF YOU
WANNA BINGE NEFLIX**

6 SIGNS OF ANXIETY IN BLACK WOMEN

02

NERVOUS HABITS

Some develop ticks in the legs or face, or find themselves pulling their hair, biting their nails or pick at their cuticles.

03

GOAL AVOIDANCE

Holding yourself back because you're afraid of possibly being put on the spot or not being able to do it.

04

WORRYING

Always thinking the worst scenarios about situations. Constantly worrying when it's not needed.

05

SELF-MEDICATING

Drinking alcohol such as wine, using drugs, or even having increased sexual activities to calm down frequently.

01

STRESS IN OUTINGS/EVENTS

Finding public events are intimidating, especially events with large crowds, or finding yourself preoccupied with how others see you in public.

06

PHYSICAL HEALTH ISSUES

High blood pressure, rapid heart rate, and sweating are signs of anxiety turning into a potential panic attack.



SOURCES : MADAMENOIRE BLACK DOCTOR

6 COMMON SIGNS OF DEPRESSION IN ADOLESCENTS

