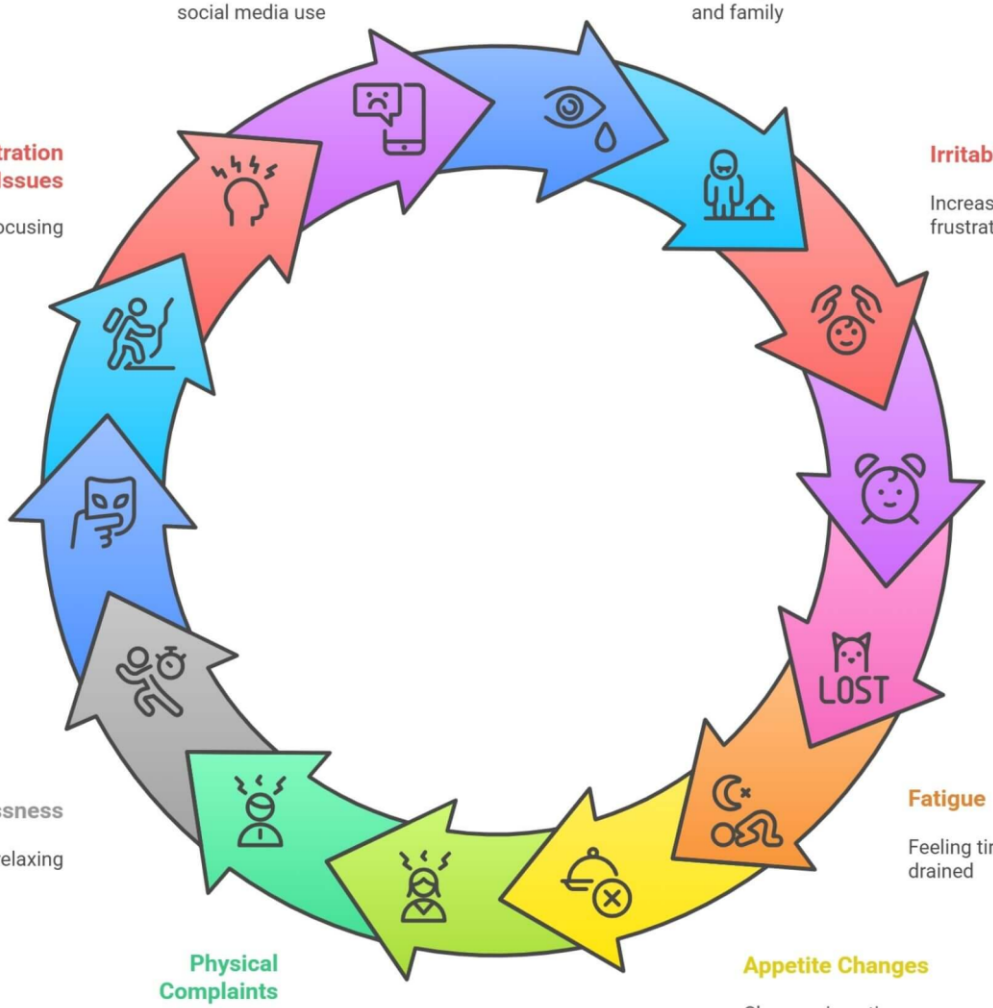
Cycle of Depression Symptoms



Persistent Sadness
A continuous feeling of sadness

Social Withdrawal
Isolating from friends and family

Irritability
Increased anger and frustration

Sleep Disturbances
Changes in sleep patterns

Loss of Interest
Lack of enjoyment in hobbies

Fatigue
Feeling tired and drained

Appetite Changes
Changes in eating habits

Guilt
Feelings of worthlessness

Physical Complaints
Unexplained physical symptoms

Restlessness
Difficulty relaxing

Fear of Criticism
Anxiety about judgment

Risk-Taking
Engaging in risky behaviors

Concentration Issues
Difficulty focusing

Social Media Use
Excessive or absent social media use

MATTERS OF THE MIND