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COMMON SIGNS AND SYMPTOMS OF DEPRESSION

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Can't Sleep Or Sleep Too Much

Can't Concentrate Or Find That Previously Easy Tasks Are Now Difficult

Feel Hopeless And Helpless

Can't Control r Negative Thoughts, No Matter How Much Try

Have Lost r Appetite Or Can't Stop Eating

Are Much More Irritable And Short-Tempered Than Usual

Have Thoughts That Life Is Not Worth Living

Feelings Of Helplessness And Hopelessness. A Bleak Outlook—nothing will ever get better and there's Nothing Can Do to Improve r Situation.

Loss of Interest in Daily Activities. No Interest In or Ability to Enjoy Former Hobbies, Pastimes, Social Activities, or Sex.

Appetite or Weight Changes. Significant Weight Loss or Weight Gain—A Change of More Than 5% Of Body Weight in A Month.

Sleep Changes. Either Insomnia, Especially Waking in The Early Hours of The Morning, Or Oversleeping (Also Known as Hypersomnia).

Psychomotor Agitation or Retardation. Either Feeling “Keyed Up” And Restless or Sluggish and Physically Slowed Down.

Loss of Energy. Feeling Fatigued and Physically Drained. Even Small Tasks Are Exhausting Or Take Longer.

Self-Loathing. Strong Feelings of Worthlessness or Guilt. Harsh Criticism of Perceived Faults and Mistakes.

Concentration Problems. Trouble Focusing, Making Decisions, Or Remembering Things.

Depression And Suicide

Depression is a major risk factor for suicide. The deep despair and hopelessness that goes along with depression can make suicide feel like the only way to escape the pain.

COMMON SIGNS AND SYMPTOMS OF DEPRESSION

- I feel sad.
- I feel like crying a lot.
- I'm bored.
- I feel alone.
- I don't really feel sad, just "empty".
- I don't have confidence in myself.
- I don't like myself.
- I often feel scared, but I don't know why.
- I feel mad, like I could just explode!
- I feel guilty.
- I can't concentrate.
- I have a hard time remembering things.
- I don't want to make decisions - it's too much work.
- I feel like I'm in a fog.
- I'm so tired, no matter how much I sleep.
- I'm frustrated with everything and everybody.
- I don't have fun anymore.
- I feel helpless.
- I'm always getting into trouble.
- I'm restless and jittery. I can't sit still.
- I feel nervous.
- I feel disorganized, like my head is spinning.
- I feel self-conscious.
- I can't think straight. My brain doesn't seem to work.
- I feel ugly.
- I don't feel like talking anymore - I just don't have anything to say.
- I feel my life has no direction.
- I feel life isn't worth living.
- I consume alcohol/take drugs regularly.
- My whole body feels slowed down - my speech, my walk, and my movements.
- I don't want to go out with friends anymore.
- I don't feel like taking care of my appearance.
- Occasionally, my heart pounds, I can't catch my breath, and I feel tingly.
- Sometimes I feel like I'm losing it.
- I feel "different" from everyone else.
- I smile, but inside I'm miserable.
- I have difficulty falling asleep or I awaken between 1 A.M. and 5 A.M. and then I can't get back to sleep.
- My appetite has diminished - food tastes so bland.
- My appetite has increased - I feel I could eat all the time.
- My weight has increased/decreased.
- I have headaches.
- I have stomachaches.
- My arms and legs hurt.
- I feel nauseous.
- I'm dizzy.