

Signs and Symptoms of Depression

Depression varies from person to person, but there are some common signs and symptoms. **It's important to remember that these symptoms can be part of life's normal lows.** All people experience short periods of feeling hopeless, or even several days of having a sleep disturbance or excessive worries. But the more symptoms you have, the stronger they are, and the longer they've lasted—the more likely it is that you're dealing with clinical depression. If some of the symptoms listed below are **present for most of the day, nearly every day for a period of at least 2 weeks, and these symptoms have become overwhelming and disabling to your daily routine, that's when it's time to seek help.**

Common signs and symptoms of depression

- **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
- **Loss of interest in daily activities.** No interest in former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.
- **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).
- **Irritability or restlessness.** Feeling agitated, restless, or on edge. Your tolerance level is low; everything and everyone gets on your nerves.
- **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- **Concentration problems.** Trouble focusing, making decisions, or remembering things.
- **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

For more information about depression, click on the following website:

http://www.helpguide.org/mental/depression_signs_types_diagnosis_treatment.htm