

## Signs of Depression

- 1) Sadness which lasts longer than two weeks
- 2) A loss of interest in activities
- 3) Change in appetite – eating more or less
- 4) Change in sleeping habits – sleeping more or wakening at dawn or waking frequently during the night
- 5) Behaves in an agitated/angry manner or without enthusiasm
- 6) Constantly fatigued
- 7) Feelings of worthlessness or guilt without reason
- 8) Difficulty concentrating or making decisions
- 9) Thoughts of suicide or death

The symptoms are severe enough to interfere with daily functioning.

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