

Could It Be Depression?

Being unhappy isn't the same as being depressed. Depression is a term often used loosely to describe how we feel after a bad week at work or when we get dumped. But depression – is much more complicated. The specific symptoms and signs determine whether it's depression or just a case of the Mondays. Determining if persistent, unshakable feelings are a result of depression can start the process of eradicating them from your life.



Symptoms of Depression

- Frequent or persistent feelings of sadness
- Little hope for the future
- Limited ability to solve problems
- Poor decision-making skills
- Poor concentration
- Feelings of failure
- Lack of satisfaction over things that used to bring satisfaction
- Feelings of guilt or despair
- Feeling of being punished
- Disappointment in self or in performance
- Overcritical of self for perceived mistakes or weaknesses
- Feelings of unattractiveness
- Having thoughts or plans of suicide
- Not feeling hopeful about the future
- Abnormal flow of tears; or an inability to cry
- More easily annoyed or irritated
- Loss of interest in relationships
- Loss of interest in sex
- Difficulty getting started on projects
- Changes in eating or sleeping habits
- Rapid weight loss or gain
- Loss of energy
- Concern about physical problems, aches, pains