

### What are Some Signs and Symptoms of Depression?

Someone with depression may sometimes exhibit the following symptoms:

#### Emotional Symptoms

These symptoms are related to emotions. A depressed person may feel sad, hopeless, have little interest in things they used to and may feel overwhelmed.

- “I don’t enjoy spending time with my friends anymore.”
- “I’m always sad and I don’t feel like myself.”
- “Sometimes I don’t think my life is worth living.”
- “I feel guilty for dragging everyone down with me.”

#### Physical Symptoms

The impact of depression is not always “mental,” it can affect the body as well. People with depression may complain of unexplained aches and pains.

- “I feel I have no energy.”
- “My appetite is gone.”
- “I can’t control my weight anymore.”
- “Lately I’ve had a lot of back pain.”
- “My stomach hurts.”
- “I often wake up in the middle of the night and have trouble getting back to sleep.”
- “My joints ache, even though I don’t have any health problem like that.”
- “I feel like I’m functioning in slow motion.”

#### Behavioural Symptoms

When a person suffers from depression, they may behave differently. A person who is lively and cheerful may become slow and uninterested in what is going on around them.

- “I can’t seem to get myself up off the couch.”
- “I have no interest in sex.”
- “I feel on edge and restless.”

#### Cognitive Symptoms

Depression can also impair one’s ability to think and reflect and can affect memory.

- “I just can’t make up my mind...I can’t make decisions.”
- “I’m finding it really hard to concentrate.”
- “I feel like I keep forgetting things.”
- “I feel like I’m thinking in slow motion.”
- “I feel I’m not as good at my job.”

If you want more information or are concerned about yourself or a friend, please come by the Sakala Success Centre for more information and support.

Source: [Depressionhurts.ca](http://Depressionhurts.ca)