



Signs and Symptoms of Depression and Anxiety

A Guide for Adults

What to know about Depression.

Learn to differentiate between people simply struggling with stress and those who may be experiencing depression.

How to recognize signs of depression.

Common signs and symptoms of depression include:

- Feeling sad or empty most of the day, most days of the week. This could also include irritability.
- Lack of interest or pleasure in most activities of the day.
- Changes in weight and appetite – either increased appetite and weight gain or decreased appetite and weight loss.
- Changes in sleep – insomnia or sleeping more than usual and feeling fatigued.
- Feeling restless, or worthless, or excessively guilty nearly every day.
- Recurrent thoughts of death (e.g., “I think my family would be better off if I were just gone”), thinking about suicide without having a plan, attempting suicide or having a specific plan for committing suicide.
- Loss of energy and/or motivation.
- Interpersonal withdrawal.
- Decreased or a total lack of concentration

What to know about Anxiety.

Be alert for people whose anxiety level seems out of proportion to the daily stress they encounter.

Common symptoms and signs of anxiety disorders include:

- Feelings of panic, fear, and uneasiness.
- Problems falling asleep or staying asleep.
- Heart palpitations and/or shortness of breath.
- Restlessness, inability to be still and calm.
- Nausea.
- Muscle tension.
- Feelings of foreboding or dread.

Some anxiety disorders involve panic attacks. Symptoms include:

- "Racing" heart and/or chest pains, as if there is a tight band around one's chest.
- Sense of terror or sense that one might die or have a heart attack.
- Difficulty breathing.
- "Tunnel Vision."
- Feeling dizzy, faint or weak.
- Sweating or having the chills.
- Feeling out of control or a loss of control.