

Real Illness, Not Weakness

Symptoms Of Clinical Depression

A persistent sad, anxious or “empty” mood

Sleeping too much or too little, middle of the night or early morning waking

Reduced appetite and weight loss or increased appetite and weight gain

Loss of interest or pleasure in activities
Irritability, restlessness

Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)

Difficulty in concentrating, remembering, or making decisions

Fatigue or loss of energy

Feeling guilty, hopeless, or worthless

Thoughts of death or suicide

Symptoms Of Stress

Feel sad, moody, lonely

Have trouble sleeping

Eat a lot more/less than usual

Sudden flashes of anger, let little things bother you

Physical symptoms, headaches, unexplained back pain, more colds than usual

Have trouble thinking as clearly as you usually do

Feel tired for no good reason

**Don't Suffer in Silence
Knowing when to seek help
Is a strength, not a
weakness.**

Symptoms Of Anxiety

Physical Symptoms

Palpitations or accelerated heart rate

Shortness of breath or smothering sensations

Sweating or cold, clammy hands

Dry mouth

Dizziness or lightheadedness

Nausea, diarrhea, or other abdominal distress

Flushes (hot flashes) or chills

Frequent urination

Trouble swallowing or lump in throat

Tension Symptoms

Restlessness

Trembling, twitching, or feeling shaky

Muscle tension, aches, or soreness

Easily fatigued

Emotional Symptoms

Excessive worry

Difficulty concentrating or “mind going blank” because of anxiety

Feeling keyed up or on edge

Trouble falling asleep or staying asleep

Irritability