



5 Signs of Depression

Depression is a mood disorder of persistent feelings of sadness and loss of interest.

Here are 5 signs of depression to be aware of in yourself, a loved one, or even a coworker:

- 1. Loss of interest.** Depression has a way of taking the pleasure out of even your favorite activities, such as sports, hobbies, or going out with friends.
- 2. Increased fatigue and sleep problems.** Depression can lead to too much or not enough sleep, which results in lack of energy, persistent fatigue, and slowed thinking and speaking.
- 3. Irritability.** Depression can make you more irritable or frustrated, causing angry or emotional outbursts over both major and small matters.
- 4. Changes in appetite and weight.** Unintentional dietary changes leading to weight gain or loss can be a sign of depression.
- 5. Suicidal indicators.** Depression can be connected with suicide, and those who are suffering or consider suicide usually show symptoms, such as hurting themselves or giving away loved items.

Want more?

For more information about signs of depression and where to find help, visit **PacificSource.com/depression.**

