



# 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.**

