

Revitalize Your Life

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Major Depressive Disorder-Symptoms Explored

Answering “yes” to five or more of these symptoms may mean you are experiencing Major Depressive Disorder. If you suspect you are having an episode of Major Depressive Disorder, please consult with your physician.

- Appetite change or a weight loss/gain total of five pounds or more. Do you eat more or less than usual? Are you never hungry or need to eat everything and still not feel satiated?
- Trouble sleeping (trouble going to sleep, staying asleep, and/or waking early)
- Trouble with concentration, especially involving something with which you are not really interested.
- Sad most of the day.
- Cry easily – tear up more easily than usual.
- Feeling helpless and hopeless.
- Feeling worthlessness.
- Loss of interest in your usually enjoyed activities.
- Decreased energy level.
- Decreased sex drive/libido.
- Suicidal thoughts or a definite plan.
- More irritable than usual.
- Angry outbursts (Suddenly you are mad and wonder, “Where did that come from?”)
- A tendency to wish to isolate yourself, close your door, and keep the world away.