



**Canadian Mental
Health Association**
Fort Frances Branch

Recognizing Depression in Yourself

People often do not know that they are depressed. Depression can take many forms and can produce a variety of symptoms affecting an individual's well-being and quality of life. In the older population other chronic diseases can trigger depression and make symptoms worse. It is also natural to feel out of sorts or sad especially after a disturbing or distressing event but depression is quite different. These moods last longer and the symptoms can be more severe. It is important to remember that depression is a highly treatable medical condition and not a normal part of growing older.

The following quiz is meant to help you recognize some of the hidden symptoms of depression that you or someone you know may be suffering from. In the last two weeks or longer have you experienced any of the following:

- | | | |
|---|------------|-----------|
| • A change in sleeping habits (more or less than usual) | YES | NO |
| • A change in eating habits or weight | YES | NO |
| • Low energy or fatigue | YES | NO |
| • Trouble concentrating | YES | NO |
| • Feeling worthless or excessively guilty | YES | NO |
| • Noticeable restlessness or slowed movements | YES | NO |
| • Thoughts that life is not worth living | YES | NO |
| • Thoughts of harming yourself | YES | NO |

If you have answered **“YES”** to four out of eight questions, you may wish to consider seeking medical attention.

There is hope. Reach out for help.

For more information and assessment contact your local medical professional or the District Mental Health Services for Older Adults Program in your community

DEPRESSION HURTS...

Your Body:

- aches and pains
- tightness of chest, shortness of breath
- sleeping problems, fatigue
- sex problems
- gastro-intestinal problems
- low energy
- neglecting your self-appearance
- general feeling of malaise or dis-ease
- appetite and weight changes
- sense of heaviness

Your Thoughts and Feelings:

- trouble concentrating
- extra guilt or negative thoughts that you can't get out of your head
- racing thoughts
- feeling hopeless, useless, worthless
- excessive worry and fear
- feeling tearful
- persistent sadness and low mood
- thoughts of death (self or others)
- thoughts of dissatisfaction and discontent
- increased irritability, anger, agitation and/or mood swings
- thoughts of self-harm and/or suicide

Your Behaviour:

- isolating from family and friends
- excessive busy-ness without accomplishing
- withdrawing from hobbies, interests, work
- lack of pleasure and emotional emptiness
- changes in smoking, drinking and gambling
- decreased productivity
- relationship problems
- inability to function at one's usual level
- neglecting your personal environment
- physical fidgeting, pacing, restlessness
- frequent visits to the local medical services