



Depression Symptoms

We're talking beyond the blahs.

Too much stress for too long can sometimes lead to depression. It's a serious illness that involves the body, mood and thoughts. Without proper treatment, symptoms can last for weeks, months or years. Symptoms of depression include:

- Persistent sad, anxious or "empty" mood.
- Feelings of hopelessness or extreme pessimism.
- Feelings of guilt, worthlessness or helplessness.
- Loss of interest or pleasure in life.
- Less energy, difficulty concentrating and changes in sleeping and eating patterns.

We all have bad days and being a little depressed from time to time is normal. It's when the feelings persist that should raise concerns. If you experience any of these symptoms for more than a week, talk to your doctor. Medication and/or counseling can effectively treat the problem.

And that's smart safety!

For additional information or guidance, contact your safety office.

Section 508 Remediated. 7/14/2016-kh