

Those Physical Symptoms Could Be Depression

19 million Americans are depressed ~ are you?

*More women are diagnosed, but men have it too.
Family history, trauma, poverty, illness & aging can trigger
depression.*

Here's a Checklist to Discuss with a Doctor or Therapist

Do you have any of these physical and mental problems?

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| <input type="checkbox"/> Easily overwhelmed, cry for no reason? | <input type="checkbox"/> Have unexplained aches & pains? |
| <input type="checkbox"/> Unable to sit still, feel agitated, restless? | <input type="checkbox"/> Feel guilty, hopeless, unworthy? |
| <input type="checkbox"/> Nothing is fun or pleasurable? | <input type="checkbox"/> Get frequent headaches? |
| <input type="checkbox"/> Don't want sex, or affection? | <input type="checkbox"/> Slow in thinking, speaking, or moving? |
| <input type="checkbox"/> Low energy, tire easily? | <input type="checkbox"/> Indecisive or can't concentrate? |
| <input type="checkbox"/> Everything feels like too much effort? | <input type="checkbox"/> Distracted and can't remember details? |
| <input type="checkbox"/> Eat too much or can't eat at all? | <input type="checkbox"/> Feel miserable, unhappy, sad all the time? |
| <input type="checkbox"/> Sleep too much or too little? | <input type="checkbox"/> Feel like your mind is blank or numb? |

Are you doing or using any of these to feel better, or not feel at all?

- | | |
|---|--|
| <input type="checkbox"/> Drinking more than usual or using drugs? | <input type="checkbox"/> Injuring yourself to let the pain out? |
| <input type="checkbox"/> Craving sweets and other carbs? | <input type="checkbox"/> Picking fights with family and friends? |
| <input type="checkbox"/> Exercising until you collapse? | <input type="checkbox"/> Spending more than you can really afford? |
| <input type="checkbox"/> Withdrawing from friends & family? | <input type="checkbox"/> Avoiding, escaping into TV, fantasies? |

Healthy ways to deal with depression:

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| ▪ Keep a routine, stay in touch with friends | ▪ Go for a daily walk, notice the flowers |
| ▪ Get good nutrition, avoid alcohol | ▪ Start a Gratitude Journal |
| ▪ Join a support group, read self-help books | ▪ Talk with a professional, consider meds |

Want to know more about how you can overcome
depression? Talk with a licensed counselor today.

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Mary Walseth, MA, LPC specializes in helping others overcome depression and grief, and regain pleasure in life from the inside out. Her office is located in Live Oak, TX. **Ms. Walseth** is most easily reached by phone at **210-452-6416** or by e-mail at **mwalseth@satx.rr.com**.

