

Behavior Indicators of Depression

The following is a list of potential behaviors demonstrated by a person with Depression. Not every person will display each behavior.

- The person feels sad or cries a lot and nothing or no one can make it go away.
- The person feels guilty for no reason; they feel like they are no good; and they have lost their confidence.
- Life seems meaningless or like nothing good is ever going to happen again. The person has a negative attitude a lot of the time, or it seems like they have no feelings.
- They describe life in negative terms.
- The person does not feel like doing most of the things they used to like—for example music, sports, being with friends, going out—and they want to be left alone most of the time.
- When they are with people, they seem distracted or unable to get involved in the group.
- They have a hard time making decisions, even about insignificant things.
- They are forgetful and have poor concentration.
- They get irritated often. Little things make them lose their temper; they over-react.
- Eating pattern changes; a loss of appetite may occur or over indulgence may occur.
- Digestive problems, feeling queasy or nauseous, having diarrhea or becoming chronically constipated.
- Sleeping problems. Many people with depression can't sleep well anymore. They wake up too early or can't fall asleep when they go to bed. Others sleep much more than normal.
- Feelings of restlessness and being tired most of the time.
- Exhaustion and fatigue. No matter how much you sleep, still feel tired or worn out. Getting out of bed in the morning may seem very hard, even impossible.
- Preoccupation about death, feel like they are dying, or thoughts about committing suicide.
- Headaches. These are fairly common in people with depression. If they already had migraine headaches, they may become worse.
- Back pain. If they already suffer with back pain, it may get worse.
- Muscle aches and joint pain. Depression can make any kind of chronic pain worse.
- Dizziness or lightheadedness.

