

# Signs & Symptoms of Depression

The main symptom of depression is a sad, despairing mood that:

- is present most days and lasts most of the day
- lasts for more than two weeks
- impairs the person's performance at work, at school or in social relationships.

Other symptoms of depression include:

- changes in appetite and weight
- sleep problems
- loss of interest in work, hobbies, people or sex
- withdrawal from family members and friends
- feeling useless, hopeless, excessively guilty, pessimistic or having low self-esteem
- agitation or feeling slowed down
- irritability
- fatigue
- trouble concentrating, remembering or making decisions
- crying easily, or feeling like crying but being not able to
- thoughts of suicide (which should always be taken seriously)
- a loss of touch with reality, hearing voices (hallucinations) or having strange ideas (delusions).

# Signs & Symptoms of Anxiety

Each of these anxiety disorders is distinct in some ways, but they all share the same hallmark features:

- irrational and excessive fear
- apprehensive and tense feelings
- difficulty managing daily tasks and/or distress related to these tasks.

Cognitive, behavioural and physical symptoms include:

- anxious thoughts (e.g., "I'm losing control")
- anxious predictions (e.g., "I'm going to fumble my words and humiliate myself")
- anxious beliefs (e.g., "Only weak people get anxious")
- avoidance of feared situations (e.g., driving)
- avoidance of activities that elicit sensations similar to those experienced when anxious (e.g., exercise)
- subtle avoidances (behaviours that aim to distract the person, e.g., talking more during periods of anxiety)
- safety behaviours (habits to minimize anxiety and feel "safer," e.g., always having a cell phone on hand to call for help)
- excessive physical reactions relative to the context (e.g., heart racing and feeling short of breath in response to being at the mall).