

Energy for Working Women: Never Be Tired Again!™

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Women and Depression

Depression can deplete your energy. The first step toward defeating depression is to define it. Women who are depressed often have a hard time thinking clearly or recognizing their own symptoms. Check the following to see if you or a girlfriend has had any of these symptoms persisting longer than two weeks.



Do you express feelings of

- ✓ Sadness or "emptiness?"
- ✓ Hopelessness, pessimism, or guilt?
- ✓ Helplessness or worthlessness?

Do you seem

- ✓ Unable to make decisions?
- ✓ Unable to concentrate and remember?
- ✓ To have lost interest or pleasure in ordinary activities?
- ✓ To have more problems with relationships and family?

Do you complain of

- ✓ Loss of energy and drive—do you feel "slowed down?"
- ✓ Trouble falling asleep, staying asleep, or getting up?
- ✓ Appetite problems; are you losing or gaining weight?
- ✓ Headaches, stomach aches, or backaches?
- ✓ Chronic aches and pains in joints and muscles?

Has your behavior changed suddenly so that

- ✓ You are restless or more irritable?
- ✓ You want to be alone most of the time?
- ✓ You've started cutting activities?
- ✓ You are drinking heavily or taking drugs?

If you answered yes to several of the items, you or a friend may need help. Negative thinking, inappropriate behavior or physical changes need to be reversed as quickly as possible. Not only does treatment lessen the severity of depression, treatment also may reduce the length of time (duration) you or your friend are depressed and may prevent additional bouts of depression.

There is hope. There is an answer. Don't give up and seek the help you need.

For more information visit: <http://www.nimh.nih.gov>

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