Subtle Signs of Depression

Depression can show up in subtle ways that are easy to overlook. Below are some of those less obvious symptoms of depression. However, not everyone experiencing depression will show these symptoms, and the severity can vary from person to person.

1. Heightened irritability
   People dealing with depression can become noticeably more irritable and easily frustrated, even over small issues.

2. Appetite fluctuations
   Some people with depression may lose their appetite, while others might start eating more.

3. Sleep troubles
   Struggling to fall asleep or waking up frequently or too early are sleep disturbances seen in those with depression.

4. Loss of interest or enjoyment
   Losing interest in activities or hobbies that used to bring joy often happens gradually.

5. Social isolation
   This withdrawal from social interactions might look like declining event invitations or not reaching out to loved ones.

6. Difficulty concentrating
   A lack of focus and difficulties with decision-making may make it challenging to concentrate on tasks at work or school.

7. Physical complaints
   This can be ongoing physical discomfort, like chronic pain, or unexplained physical symptoms, like headaches.

8. Fatigue and low energy
   Feeling constantly tired can be another subtle sign of depression that’s often brushed off as normal tiredness.

9. Negative self-talk
   Continuous negative thoughts about yourself, your abilities, or the future can be a clue that you might have depression.

If you think a loved one is struggling with depression, it’s important to approach the situation with empathetic, non-judgmental communication. Also, if you or a loved one are struggling with depression, Charlie Health is here to help.