

Subtle Signs of Depression

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.

