



▽ SYMPTOMS ▽ OF DEPRESSION



▽ **MOOD:** anxiety, apathy, general discontent, guilt, hopelessness, loss of interest or pleasure in activities, mood swings or sadness



▽ **BEHAVIOR:** agitation, excessive crying, irritability, restlessness, social isolation



▽ **SLEEP:** early awakening, excess sleepiness, insomnia, restless sleep



▽ **WHOLE BODY:** excessive hunger, fatigue, loss of appetite



▽ **COGNITIVE:** lack of concentration, slowness in activity, thoughts of suicide



▽ **WEIGHT:** weight gain, weight loss



▽ **ALSO COMMON:** poor appetite or repeatedly going over thoughts



Source: Mayo Clinic



Washington
Hospitality
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