

Lunch and Learn Placemat

Unscramble the Words

USOXANI _____

BRAILERI _____

STRESSEL _____

UFEAGTI _____

AIINNSMO _____

TAPETIPE _____

fatigue, insomnia, appetite
irritable, restless,
Answer Key: anxious,

Common Symptoms of Depression

- ❖ Persistently sad, anxious, or feeling "empty"
- ❖ Feelings of hopelessness and pessimism
- ❖ Feelings of guilt, worthlessness, helplessness
- ❖ Loss of interest or pleasures in hobbies and activities that you once enjoyed, including sex
- ❖ Insomnia, early morning awakening or oversleeping
- ❖ Appetite changes, including lack of appetite and weight loss or overeating and weight gain
- ❖ Decreased energy, fatigue, feeling "slowed down"
- ❖ Restless, irritable
- ❖ Persistent physical symptoms that do not respond to treatment such as headaches, digestive disorders and chronic pain

What to Do

- **Get Help!** See a physician for an assessment and recommended treatment
- Don't set difficult goals
- Break tasks into small ones, set priorities
- Set realistic expectations
- Try to be with other people
- Participate in activities that make you feel better
- Contact your local area agency on aging for resources