

Signs of Hope and Depression

By Lori Hartwell

SIGNS OF HOPE

Looking forward to a new day

Feeling joyful

Feeling positive

Finding it easy to smile and laugh

Sleeping through the night

being able to finish projects

Feeling comfortable with one's decisions

Having a healthy appetite

Being accepting and patient

Being able to remain calm

Feeling content

Feeling energetic, ready to go

Feeling appreciated

Having a healthy interest in sex

Excited about being alive

SIGNS OF DEPRESSION

Loss of interest in normal daily activities

Feeling sad or down

Feeling hopeless

Crying spells for no apparent reason

Problems Sleeping

Trouble focusing or concentrating

Difficulty making decisions

Unintentional weight gain or loss

Irritability

Restlessness

Being easily annoyed

Feeling fatigued or weak

Feeling worthless

Loss of interest in sex

Thoughts of suicide or suicidal behavior

