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

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