

Because your own health is important and should not be overlooked.



## SYMPTOMS & SIGNS OF DEPRESSION

**How do I know if my loved one is experiencing stress, anxiety, or depression? Common symptoms may include:**

- *Feelings of being overwhelmed, sadness, powerlessness, and/or hopelessness*
- *Strong feelings of worthlessness or guilt*
- *Loss of interest in daily activities and drop in functioning*
- *Increase or decrease in appetite*
- *Difficulty sleeping or a desire to sleep more than normal*
- *Irritability or quick to anger*
- *Illogical thinking*
- *Nervousness*
- *Loss of energy*
- *Trouble focusing, making decisions, or remembering things*

### **Agriculture specific signs of stress:**

- *Change in routines*
- *Decreased interest in regular activities*
- *Decline in the care of farm or domestic animals*
- *Increase in illness*
- *Increase in farm accidents*
- *Decline in appearance of farm*
- *Signs of stress in children*

\* If symptoms are increasing in severity to the point where it is interfering with your loved one's home life, relationships, or their ability to get work done at school or at work, they have reached a point in which professional help would be beneficial.

**Resources:**

American Psychological Association [www.apa.org/helpcenter](http://www.apa.org/helpcenter)

University of Maine Cooperative Extension [www.extension.umaine.edu/publications/4805e/](http://www.extension.umaine.edu/publications/4805e/)