DEPRESSION FEELS LIKE :

* Feelings of unhappiness that don’t go away and are there nearly all the time.
* Losing interest in life.
* Being unable to enjoy anything.
* Finding it hard to make even simple decisions.
* Feeling utterly tired.
* Feeling restless and agitated.
* Losing appetite and weight (some people find they do the reverse and put weight on).
* Difficulty in sleeping and waking up earlier than usual.
* Losing interest in sex.
* Losing self confidence and feeling useless, inadequate and hopeless.
* Avoiding other people.
* Feeling irritable.
* Feeling hopeless about ourselves, our situation and the world generally. We may feel as if we are never going to get better or that we are worthless.
* Thinking of suicide – this is common in depression. It is much better to talk about it than try to hide it.