



CORPORATE HEADQUARTERS

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SELF TEST: Are You Depressed?

Review the symptom checklist below. If you experience FIVE or more of these symptoms for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine, you may be suffering from depression and should seek professional help.

Symptoms of Depression

- A persistent sad, anxious or "empty" mood
- Sleeping too little or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that don't respond to treatment (such as headaches, chronic pain, or constipation and other digestive disorders)
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Excessive crying
- Thoughts of death or suicide

Note: Professional help should definitely be sought if a person is experiencing suicidal thoughts.

Self Test #2: Are You Suffering From Manic Depression?

Manic depression (also known as bi-polar disorder) is another type of major depressive illness. In addition to periods of depression, it involves periods of elation, irrationality and craziness as well.

Symptoms of Manic Depression

- Heightened mood, exaggerated optimism and self-confidence
- Decreased need for sleep without experiencing fatigue
- Grandiose delusions, inflated sense of self-importance
- Excessive irritability, aggressive behavior
- Increased physical and mental activity
- Racing speech, flight of ideas, impulsiveness
- Poor judgement, easily distracted
- Reckless behavior such as spending sprees, rash business decisions, erratic driving, sexual indiscretions

If you or someone you know suffers from some of these symptoms for more than two weeks, you should seek a professional evaluation from your physician or a mental health specialist.

For more Self Help Quizzes “click” here :

http://www.healthy-exchange.com/online_library/index.htm