

# THE 9 CORE SYMPTOMS OF DEPRESSION



It is important to be aware of the symptoms of depression in order to recognise it should anyone close to you be affected whether someone in your social life, a family member, an employee or a colleague at work



**A person is said to be depressed when exhibiting five or more of the following symptoms for a two-week period...**



## Depressed mood

– withdrawal from engaging with work or social activities

**No motivation**  
– loss of pleasure or interest in activities that used to be enjoyed



## Sleep disturbance

– either difficulty getting off to sleep or waking early

**Loss of energy**  
– feeling tired, particularly on waking after sleep



## Feelings of worthlessness and guilt

– self-obsession

## Difficulties in thinking

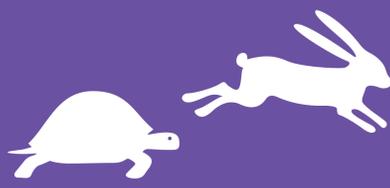
– poor concentration



## Disturbance of appetite

– over or under-eating

**Slowing-down of thought**  
and a reduction of physical movements or, more rarely, agitation



## Recurrent thoughts of death or suicide

– feeling that life is meaningless

*For further information and references, see the below books and courses.*

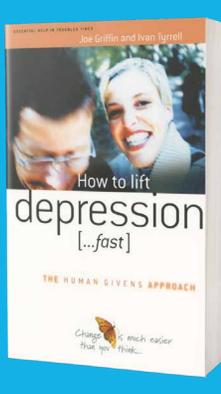
**Despite being on the increase, depression is actually one of the easiest disorders to treat successfully and quickly – once you know how...**

### How to lift depression... fast

#### The human givens approach

by Joe Griffin and Ivan Tyrrell

[bit.ly/HG-lift-depression-book](http://bit.ly/HG-lift-depression-book)



### How to break the cycle of depression

Online Course

[bit.ly/HG-break-depression-course](http://bit.ly/HG-break-depression-course)



### How to lift depression – the practical skills you need

One-day UK Course

[bit.ly/HG-lift-depression-course](http://bit.ly/HG-lift-depression-course)



Find out more about the human givens (HG) approach to mental health and wellbeing visit:

[www.hgi.org.uk](http://www.hgi.org.uk)