

SIGNS AND SYMPTOMS OF GRIEF/DEPRESSION

Affective Feeling State:

Dysphoric mood—sad, blue, dejected	Guilt
Fearfulness	Confusion
Anxiety—nervousness, worry, apprehension	Tiredness
Inadequacy	Hopelessness
Anger—resentment, rage	Irritability

Cognitive Thought Processes:

Negative view of the world, the self, and the future	Self-reproach
Irrational beliefs	Low self-esteem
Recurrent thoughts of helplessness, hopelessness, worthlessness	Denial
Recurrent thoughts of death or suicide	*Indecisiveness
Disinterest in activities, people and pleasure	*Slow thinking
	*Confused thought
	*Poor concentration
	Agitation

Behavioral Activity:

Dependence	Careless appearance
Submissiveness	Slow (retarded) motor
Nonassertiveness	response--poverty of
Poor communication skills	speech, slowed body
Controlled by others	movements
Crying	Agitated motor response--
Withdrawal	handwringing, pulling
Inactivity	at hair or clothing

Physical Functioning:

Low energy	Constipation
Weakness	Diarrhea
Fatigue	Nausea
Sleep disturbance—insomnia or hypersomnia	Muscle aches and headaches
Weight loss or gain	Tension
Appetite disturbance	Agitated or slowed
Indigestion	psychomotor reflexes
	Sex-rive disturbance

If you are experiencing a mix of these that interrupt your daily routine, you may benefit from a consultation from a professional.