

7 Surprising Signs of Depression

SYMPTOMS OF DEPRESSION WE OFTEN OVERLOOK



Aches and Pains

If you're suffering from **body aches and pains, headaches, or cramps that won't go away**, it could be a symptom of depression. Body aches, particularly backaches, have been linked to depression.

Tension headaches-those headaches that tend to come with a mild throbbing around your eyebrows--happen to everyone occasionally and are usually stress-related, but recurring tension headaches can be a sign of major depressive disorder.



Digestive Problems

Stomach discomfort is common for most people. But when it's chronic, or medicine or treatment doesn't help, it could be depression.

A Harvard research study found that there is a link between our brains and digestive systems. Depression and anxiety can actually cause nausea, heartburn and other digestive problems.



Problems with Concentration and Decision-Making

The negative thought patterns that characterize depression ("I'm a failure," "I'm stupid.") can cause **problems with concentrating, retaining information or making decisions**.



Fatigue

Fatigue is more than just being tired. It's chronic tiredness. If you're feeling tired **all the time**, and you feel like you can't ever "catch up" on sleep, it could be depression.

People with depression are more likely to experience fatigue, and chronic fatigue can increase the risk of depression. This often creates a cycle that can be hard to break.



Insomnia

Depressed people sleep all the time, right? Maybe some do, but others find it very hard to get to sleep or to sleep throughout the entire night.

Chronic insomnia is linked to both depression and anxiety disorders and can **both cause and be caused by depression**.



Slower Speaking or Movement

Some people with depression have slower speaking or body movements. They say that their bodies simply can't move any faster.

Although this is a less common symptom, it can certainly can make day-to-day life much more challenging for those who experience it.



Reckless Behavior

Reckless behavior such as substance abuse, compulsive gambling, or reckless driving often occur with depression.

This type of behavior is typically a means of escape-a way to provide oneself with temporary relief for intense emotional pain-but will only cause more pain in the end.