

Depression

Recognize the warning signs.

You may be headed for depression if:

- You need more hours to do less work.
- You suffer chronic fatigue.
- You can't sleep.
- You're too busy to do routine things like sending out birthday cards.
- You start forgetting appointments and losing personal possessions such as house keys.
- You feel you have no control over your life and your future seems as bleak as the present.
- You drink more alcohol and use more drugs, prescription and otherwise.
- You feel no real joy in anything, not even your job.

