Top 10 symptoms of depression

1. Persistent feelings of sadness, hopelessness, and unhappiness
2. Frequent physical symptoms, such as muscle pains, headaches, stomach aches
3. Loss of interest in activities or hobbies the person used to enjoy
4. Sleep problems: insomnia, early morning awakening, or excessive sleeping
5. Changes in appetite with unusual weight gain or loss
6. Irritability, restlessness, and agitation
7. Withdrawal from friends and social activities
8. Difficulty concentrating and making decisions
9. Decreased energy and feelings of fatigue and “heaviness”
10. Thoughts of death or suicide