

Evaluation

We know, If anybody is experiencing clinical depression, low self-esteem can be one of the by product of your depressed mood. If we have view of ourselves, that is a symptom of depression. So is feeling very guilty and worthless almost all the time.

Here are some other symptoms of depression:

- anyone having Increased or reduced appetite for food
- if anyone is feeling consistently sad, down, depressed, or empty
- **Reduced pleasure in activities previously enjoyed or lack of interest in most things**
- Having Sleep difficulties
- Feeling tired and without energy
- Being fidgeting and restless or slowed down compared to your usual speed of doing things
- Increased Decisions making difficulty
- Suicidal thinking

Try to find out-

- If you are experienced 5 of these above mentioned symptoms, no 3
- they are present on most days for the past 2 weeks or more, then it is possible that you are clinically depressed.

Write your thought here on your finding- try to answer the side questions- take your time- please complete-