

# Is It Just The “Blues”?

Everyone goes through emotional ups and downs. It is normal to feel happy and sad at times for no apparent reason. Having the blues occasionally is probably nothing to be concerned about.



Often, depression is related to an event or series of events in one's life. Divorce, death of a loved one, or the trauma of a severe accident will sometimes trigger a bout of depression. Many times depression falls on those who have unrealistic expectations of themselves, their families, or their careers. While the symptoms are not always clear and obvious, depression may be indicated in several ways:

- ⊖ Low mood swings that will not go away
- ⊖ Lost interest in everything - your job, family life, hobbies and other interests
- ⊖ No appetite or an excessive appetite
- ⊖ Low self image
- ⊖ Unusual nervousness or irritability
- ⊖ Frequent crying spells

Fortunately, depression can be diagnosed and treated successfully. If you recognize the warning signs of depression in yourself or someone you care about, and the symptoms persist with no sign of improvement, it is time to seek help.

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