

# What is Depression?

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1. Change in sleep
2. Decreased interest or pleasure in most activities
3. Guilt or a low sense of worth
4. Loss of energy
5. Diminished concentration
6. Change in level of activity
7. Low Mood or increased Irritability
8. Suicidal thoughts or plan
9. Significant weight gain/loss (5% of body weight) or change in appetite

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