

DAILY WARNING SIGNS CHART

Warning Signs	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Overeating							
Lack of Appetite							
Lethargy							
Difficulty Exercising							
Fatigue							
Unwillingness to ask for things							
Low self-esteem							
Low Self-Confidence							
Procrastination							
Avoiding Crowds							
Irritability							
Impatience							
Negative Attitude							
Insecurity							
Difficulty Getting Up							
Insomnia							
Poor Judgment							
Obsessive Thoughts							
Repeating Things							
Inability to Concentrate							
Destructive Risk Taking							
Suicidal Thoughts							
Paranoia							
Inability to Feel Pleasure							

If you find yourself experiencing the above signs of depression that are rather intense for one day or milder over a period of several days, take action.

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