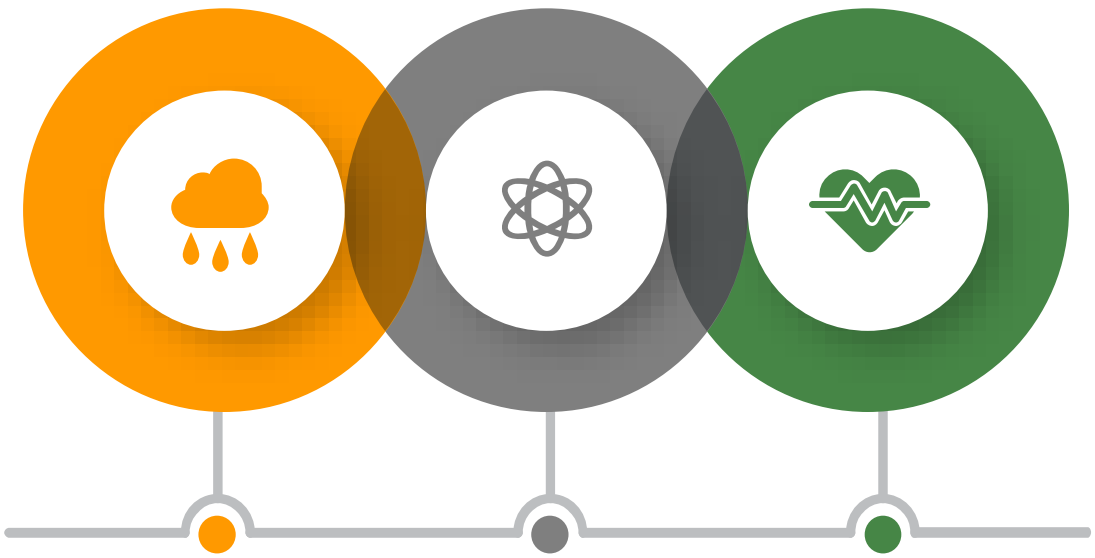


Symptoms of Anxiety and Depression

For more information

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Depression

Sadness

Worthlessness

Disturbance in
appetite or sleep

Lack of interest or pleasure
in normal activities

Tiredness / Fatigue

Thoughts of suicide

Overlapping Symptoms

Irritability

Excessive worrying

Agitation / Restlessness

Trouble thinking, making
decisions, or concentrating

Unexplained
physical complaints
(headaches or
stomachaches)

Anxiety

Feeling nervous

Feeling powerless

Having a sense of impending
danger or panic

Increased heart rate

Increased breathing rate

Sweating

Trembling