



island health

Geriatric Specialty Services

THE WARNING SIGNS OF STRESS AND DEPRESSION

Sleep disturbance:

Difficulty falling asleep or remaining asleep; waking up early in the morning
feeling anxious or irritable; unable to stop worrying or ruminating

Appetite changes:

Unusual over-eating or loss of appetite; significant weight gain or loss

Increased medication or alcohol usage:

Overuse of sleeping pills, painkillers, alcohol or caffeine

Mood changes:

Uncharacteristic short-temperedness, crying or agitation; expressionless face
or flat tone of voice; recurrent thoughts of death or suicide

Physical problems:

Decreased resistance to illness; delay or neglect of vital physical needs, poor
nutrition

Chronic fatigue:

Loss of energy; decreased motivation, concentration and attention; unending
sense of tiredness

Rough handling:

Marked impatience when giving care; hitting, pushing or yelling when frustrated
or angered; neglecting vital care tasks

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