

DTDF Essentials

High-Functioning Depression Self-Check Guide

Am I Functioning or Just Numbing? Recognize the Signs. Reset with Intention.

- I appear productive but feel emotionally disconnected from my work
- I feel guilty or ashamed for not feeling 'grateful enough'
- I often cancel social plans or show up and feel numb the whole time
- I sleep, but wake up feeling exhausted — every single day
- I avoid stillness because it forces me to feel
- I make others laugh, but rarely share what's really going on
- I care for others but feel like no one really checks on me
- I keep pushing through, even when my body and mind are screaming for rest
- I've thought: 'I'm not depressed, I'm just tired/stressed/lazy'
- I'm afraid that if I stop performing, I'll fall apart