

10 Early Signs of Depression You Should Not Ignore

By DTDF Essentials

1. Constant fatigue even after rest
2. Loss of interest in activities you used to enjoy
3. Changes in appetite or weight (increase or decrease)
4. Persistent sadness or hopelessness
5. Difficulty concentrating or making decisions
6. Withdrawing from friends and family
7. Sleep disturbances - either insomnia or oversleeping
8. Increased irritability or restlessness
9. Thoughts of self-harm or feeling like a burden
10. Neglecting personal hygiene or daily responsibilities