

Feeling Moody or Blue?

It's common for people with chronic conditions, such as asthma, to feel moody or blue from time to time. If these feelings continue, you may lose interest in the things you used to like to do, or you may have problems sleeping or working. The good news is that you don't have to deal with these feelings by yourself. Talk with your family, friends, and healthcare provider for help.

Depression has many symptoms

Talk with your provider if any of these describe you:

- Do not care about things you used to enjoy
- Change in appetite or weight (loss or gain)
- Sleep too much or too little, wake up early in the morning, or oversleep
- Have lost your interest in sex
- Feel guilty, not worth much, or helpless
- Feel hopeless or negative
- Cannot think or make up your mind or remember things
- Body aches and pains or stomach problems that don't go away
- Have thought about dying or killing yourself*

* If you are having thoughts of dying or killing yourself, you should talk with your provider immediately.

Why you should talk with your provider if you have symptoms of depression

- Depression can make it harder to take care of your asthma
- Depression can be treated; your provider can tell you more about this

Talk with your healthcare provider if you have symptoms of depression.
Get the help you need.



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