



Masked Depression

Some people do not report experiencing “depression” to their loved ones or doctors because they equate depression with feeling sad. Instead, people who tend to be more stoic and self-reliant who are also living with depression are more likely exhibit these changes in mood and behavior:



- Fatigue & sleep disruption
- Irritability/anger/violence/impulsivity
- Lowered stress tolerance
- Loss of interest
- Increased alcohol and drug use and other “vices” (e.g., pornography, gambling, erratic spending, etc.)

These behaviors rarely get people support. Rather, they tend to get people in trouble or, as in the case of sleep problems, prescriptions. Knowing that this group of experiences can be tied to depression can help people get the proper support they need to get back to a passion for living.



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