

Depression: 6 Ways It Can Affect Your Body

Depression is a medical illness that affects how you feel, think, and act.

Many people think of depression as a mood or emotional problem.

But depression can affect your body, too, in many different ways.

And sometimes, you may notice the physical symptoms before you're aware of how you're feeling or thinking.

Here are six ways depression can affect your body.

One: when you're depressed, your sleep schedule may change.

You may sleep a lot more than usual or you may have trouble going to sleep or staying asleep.

Two: your energy level drops, so you may feel tired all the time, no matter how much rest you get.

Three: depression may show up as pain in the body.

You may have achy muscles or joints, headaches or back pain.

Four: your appetite may change.

You may have little interest in eating and lose weight.

Or you may eat more than usual or crave comfort foods and gain weight.

Five: your digestion may also be affected.

You may have stomach aches, diarrhea or constipation.

And six: your mind may get foggy, especially if you're an older adult.

You may be finding it hard to focus, remember things, or make decisions.

If you think you might have depression, talk to your doctor.

They may suggest medicine, counseling, or both.

Healthy lifestyle habits such as getting regular exercise, eating well, not drinking alcohol, and getting enough sleep can also help you.

Ask for support from family and friends.

Getting treatment for depression can not only help lift your mood, it can also help ease the physical symptoms.

So you can feel better both inside and out.