

# Check In With Your Mental Health

Every now and then, stress, anxiety and sadness are perfectly healthy. But when they become overwhelming, it's time to check in with yourself and your doctor.



## Depression

Depression is more than being sad. Physical and mental health symptoms can materialize in ways few expect.

- Anger/irritability
- Anxiety
- Fatigue
- Loss of interest in activities
- Memory issues
- Physical pains
- Reduced appetite
- Sadness/emptiness
- Sleep disturbances
- Slowed thinking
- Suicidal thoughts



## Anxiety Disorders

Anxiety is a normal feeling, but when it invades every moment, it's time to pause and reflect.

- Anxiety
- Avoiding activities
- Digestive issues
- Fatigue
- Feeling impending danger
- Rapid breathing
- Restlessness
- Sleep disturbances
- Sweating
- Trembling
- Trouble concentrating

## Seasonal Affective Disorder (SAD)

As the seasons change, it's normal to feel a bit different. But when it gets out of hand, it may be something more.



Overall symptoms:	Fall and winter symptoms:	Spring and summer symptoms:
<ul style="list-style-type: none"><li>• Loss of interest in activities</li><li>• Sadness/emptiness</li><li>• Sleeping too much</li><li>• Suicidal thoughts</li><li>• Trouble concentrating</li></ul>	<ul style="list-style-type: none"><li>• Craving carbohydrates</li><li>• Fatigue</li><li>• Sleeping too much</li><li>• Weight gain</li></ul>	<ul style="list-style-type: none"><li>• Agitation</li><li>• Anger/irritability</li><li>• Anxiety</li><li>• Reduced appetite</li><li>• Sleeping too little</li><li>• Weight loss</li></ul>

**If there are any symptoms you need to discuss with your doctor, book an appointment at [mho.sutterhealth.org](https://mho.sutterhealth.org).**

To learn more about the Sutter network's mental health services, visit [sutterhealth.org/yourwellness](https://sutterhealth.org/yourwellness).