

COMMON SIGNS TO LOOK OUT FOR

- Feeling tired all the time or having low energy
- Difficulty paying attention or remembering things
- Sleep changes: Sleeping too much, having difficulty going to sleep, difficulty staying asleep
- Experiencing thoughts of self harm
- Long periods of feeling sad
- Ruminating or thinking about the same thing all the time
- Loss of interest in joyful and meaningful activities
- Overeating or skipping meals because of low mood
- Bodily aches and pains with no physical cause

Moon, A., & Cho, I. (2012). Psychology of Asian American older adults: Status, challenges, and strengths. In E. C. Chang & C. A. Downey (Eds.), *Handbook of race and development in mental health* (pp. 189–206). Springer Science + Business Media. https://doi.org/10.1007/978-1-4614-0424-8_11

Older adults and mental health. Harvey A. Friedman Center for Aging. Published June 2023.

The creation of this infographic was supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$620,918 with 67% percentage funded by ACL/HHS (Grant number # 90HDCR001 I-01-00, PI: Mirza) and \$207,960 or 33% percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS, or the U.S. Government.



- About 1 in 5 older adults in the U.S. who have Medicare have difficulties with maintaining their moods, feeling stressed or anxious, and feeling imbalanced in their lives¹