

要小心的常见征兆:

- 感到疲倦或精力不足
- 注意力不集中或记忆力减退
- 睡眠变化：睡眠过多、入睡困难、难以维持入睡状态
- 产生自我伤害的念头
- 长时间感到悲伤
- 在美国，每5位拥有联邦医疗保险的老年人中，大约就有1位在情绪管理方面遇到困难，感到压力或焦虑，以及感到生活失去平衡。
- 不断反省或者长时间的思考同一件事情
- 对愉快和有意义的活动失去兴趣
- 因情绪低落而暴饮暴食或不吃饭
- 没有明显的生理原因产生的身体上的疼痛和不适

References & Acknowledgements

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3. "Older Adults and Mental Health." Harvey A. Friedman Center for Aging. Published June 2023.

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