

要小心的常見徵兆:

- 感到疲倦或精力不足
- 注意力不集中或記憶力減退
- 睡眠變化：睡眠過多、入睡困難、難以維持入睡狀態
- 產生自我傷害的念頭
- 長時間感到悲傷
- 在美國，每5位擁有聯邦醫療保險的老年人中，大約就有1位在情緒管理方面遇到困難，感到壓力或焦慮，以及感到生活失去平衡。
- 不斷反省或者長時間的思考同一件事情
- 對愉快和有意義的活動失去興趣
- 因情緒低落而暴飲暴食或不吃飯
- 沒有明顯的生理原因產生的身體上的疼痛和不適

References & Acknowledgements

1. Gunja et al. (2022). [DOI link provided in original source]
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3. "Older Adults and Mental Health." Harvey A. Friedman Center for Aging. Published June 2023.

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