

Does Your Depression Physically Hurt?

Depression often hurts physically as well as emotionally. That’s because the same biochemicals that influence your mood also affect how your body interprets pain.

If you are experiencing any of the following health issues, it could be linked to your depression. It is important to address these physical symptoms, along with your depression.

- Headaches (for those who experience migraines, these may be worse)
- Back pain
- Muscle aches and joint pain
- Digestive problems (nausea, stomachache, diarrhea, constipation)
- Exhaustion and fatigue (regardless of sleep)
- Sleeping problems (insomnia or oversleeping)
- Change in appetite or weight
- Dizziness or lightheadedness

For the next week, keep track of any physical symptoms you experience, and rate each on a scale of 1–5, with 5 being the worst.

Date and time	Symptom	First occurrence or recurring	Rating