

Episode Notes

GRIEF & DEPRESSION

REFLECTION:

“There are wounds that never show on the body, that are deeper and more hurtful than anything that bleeds.”

-Laurell K. Hamilton

KEY POINTS:

- Depressive disorders and grieving have very similar symptoms.
- Your symptoms are most likely due to your natural response to loss.
- If you are currently distressed about your grief symptoms, or if you have been previously diagnosed with “clinical depression,” see a physician or mental health provider soon
- If you are currently contemplating suicide, stop everything and see a physician or go to a local emergency room right away.

STEPPING STONE:

Take a brief inventory of your emotional and mental well-being by reviewing the symptoms listed above. If you relate to 5 or more, consider getting a professional consult by a physician or mental health professional.

HEART CHECK

Date:

What have you been thinking and feeling today?

