

Are These Feelings Normal?

Some feelings of depression and anxiety are a part of normal life and are nothing to worry about. The death of a loved one brings a great deal of sadness and grief. How do you tell if these feelings are normal or if you may need to seek help? Here are some examples, but when in doubt, **always talk to your doctor or nurse.**

Depression

Normal Sadness or Grief

- Have periods of sadness mixed with positive memories of a loved one who has passed away
- Feel sad over the loss of something or someone
- Have a few sad days
- Feel sad but still have good thoughts about yourself
- Feel overwhelmed at times
- Can still function normally with life even with sad feelings

Depression

- Have sadness that won't go away for more than two weeks
- No interest in doing activities that you use to really enjoy
- Feel sad and hopeless
- Have bad feelings about yourself like being worthless
- Feel depressed and irritable most of the time
- Sleep more or less than normal
- Loss of appetite or changes in your weight
- Feel tired, slow, and sluggish most days
- Have trouble concentrating
- Have thoughts about suicide or death

If you checked any box in the column above, call and talk with your doctor or nurse today.

([APA](#), 2017; *Winch*, 2015)

Anxiety

Normal Anxiety

- Worry about paying your bills or your family and friends
- Feel uncomfortable when meeting new people
- Get nervous before doctor visits or other events
- Fear of unsafe things, places, or situations
- Feel anxious, sad, or have trouble sleeping right after an awful event

([ADAA](#), n.d.)

Anxiety Disorder

- Constant worry that affects your life such as sleeping or eating
- Avoid meeting new people or going outside of your home
- Have “panic attacks” for no reason and are afraid you will have more
- Fear things, places, or situations that has little or no real threat or danger
- Have frequent nightmares, flashbacks, or feel numb when thinking about an awful event that occurred months or years ago

If you checked any box in the column above, call and talk with your doctor or nurse.

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