

Before you begin here, although this information has come from reliable sources, it isn't meant to be a diagnostic tool. These quizzes are simply guidelines to help you recognize any problems you might have and be able to effectively deal with those problems.

## Depression

Because depression can be the most serious of our topics, let's start by seeing if you may be depressed. Keep in mind that everyone has his or her "blue" days. The thing that separates clinical depression from simple melancholy is that the symptoms occur over time. These feelings do not come and go; rather, they stay with you and adversely impact your life.

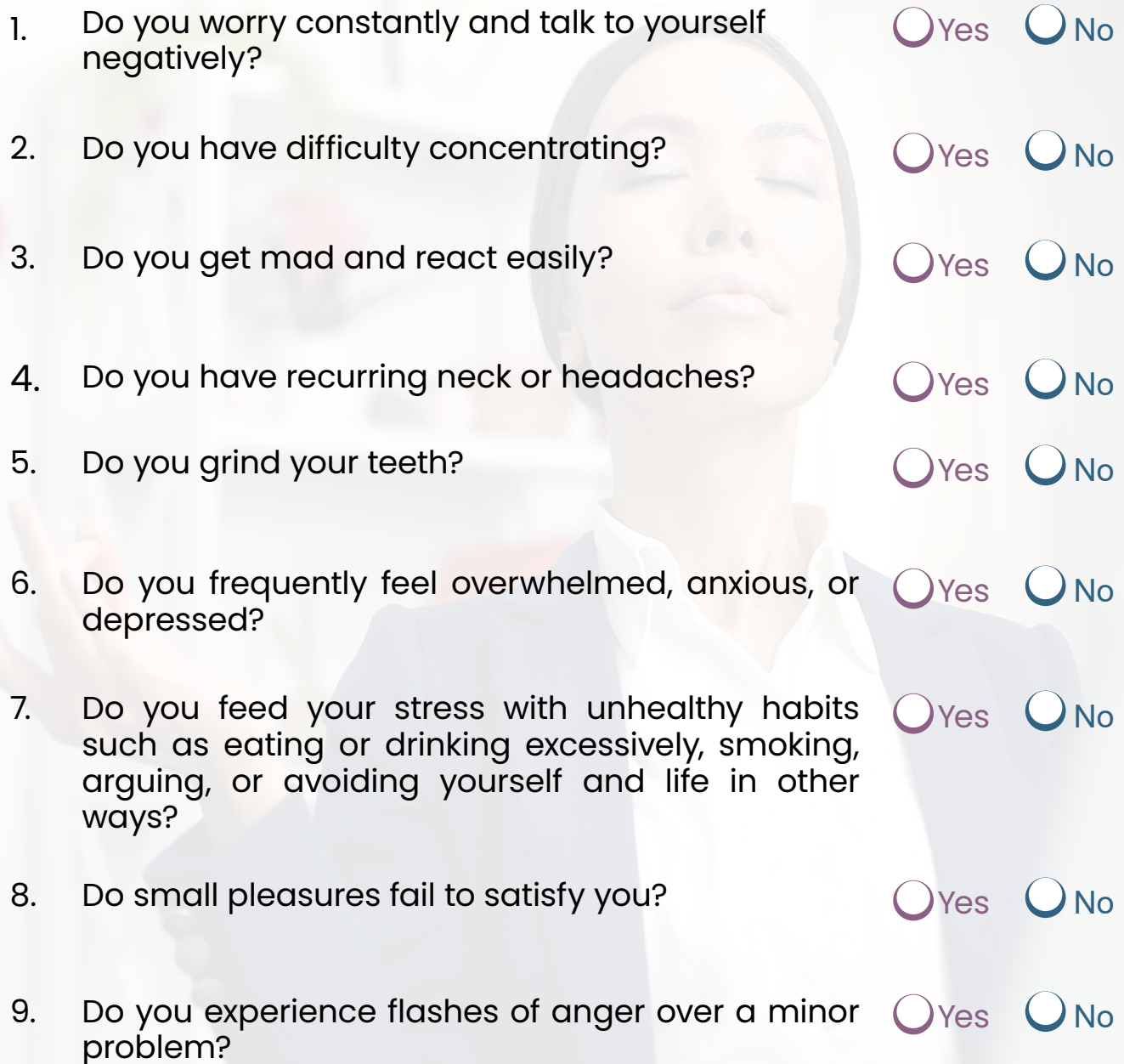
Ask yourself the following questions. Answer yes if you've been feeling this way consistently over a period of two weeks.

1. Do you find yourself constantly sad? ☐ Yes ☐ No
2. Do people tell you you're overly irritable? ☐ Yes ☐ No
3. Are you un-motivated to do simple things like shower, clean up the house, or make dinner? ☐ Yes ☐ No
4. Do you have trouble concentrating? ☐ Yes ☐ No
5. Are you feeling isolated from family and friends even when they are around you? ☐ Yes ☐ No
6. Have you lost interest in your favorite activities? ☐ Yes ☐ No
7. Do you feel hopeless, worthless, or guilty for no reason at all? ☐ Yes ☐ No
8. Are you always tired and have trouble sleeping? ☐ Yes ☐ No
9. Has your weight fluctuated significantly? ☐ Yes ☐ No

If you can answer "Yes" to five or more of these questions, you could be suffering from clinical depression. It is important for you to seek out the help of a medical professional, whether a doctor or a therapist. There are many medications out there that can help with depression.

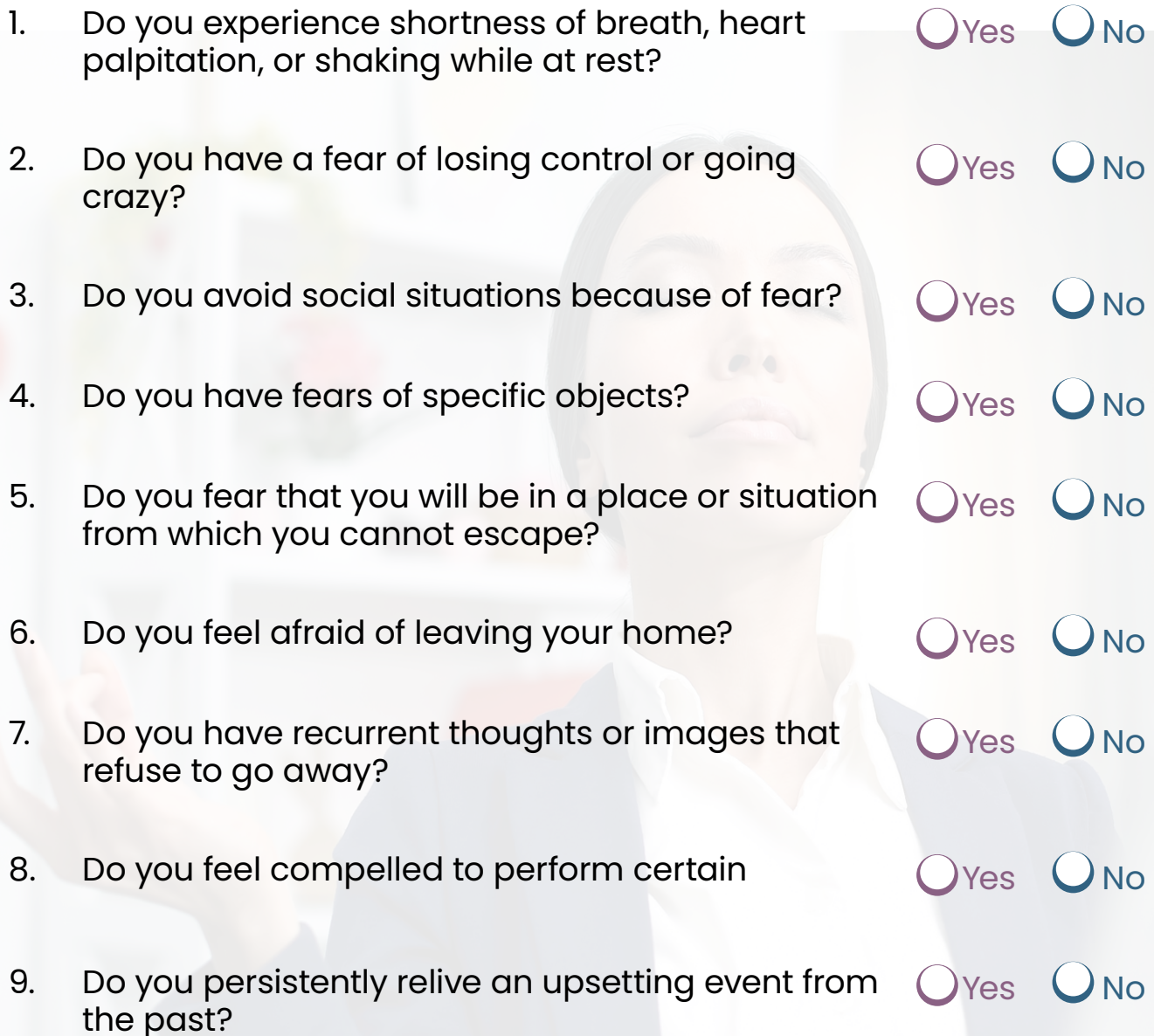
I always tried to deny my own depression, but once I began taking an anti-depressant, I couldn't believe what a difference that one pill a day made! It gave me freedom from the "sandpit" I had fallen into and helped me enjoy life again. If you think you are depressed, ACT NOW! You deserve to be happy!

Let's see if stress and anxiety are taking over your life. Ask yourself the following:

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1. Do you worry constantly and talk to yourself negatively? ☐ Yes ☐ No
  2. Do you have difficulty concentrating? ☐ Yes ☐ No
  3. Do you get mad and react easily? ☐ Yes ☐ No
  4. Do you have recurring neck or headaches? ☐ Yes ☐ No
  5. Do you grind your teeth? ☐ Yes ☐ No
  6. Do you frequently feel overwhelmed, anxious, or depressed? ☐ Yes ☐ No
  7. Do you feed your stress with unhealthy habits such as eating or drinking excessively, smoking, arguing, or avoiding yourself and life in other ways? ☐ Yes ☐ No
  8. Do small pleasures fail to satisfy you? ☐ Yes ☐ No
  9. Do you experience flashes of anger over a minor problem? ☐ Yes ☐ No

If you can answer "Yes" to most of these questions, then you do have excessive stress in your life. The good news is that you are taking this training and you will learn many valuable techniques to cope with that stress. But we'll get to that soon!

Let's move on to anxiety.

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1. Do you experience shortness of breath, heart palpitation, or shaking while at rest? ☐ Yes ☐ No
  2. Do you have a fear of losing control or going crazy? ☐ Yes ☐ No
  3. Do you avoid social situations because of fear? ☐ Yes ☐ No
  4. Do you have fears of specific objects? ☐ Yes ☐ No
  5. Do you fear that you will be in a place or situation from which you cannot escape? ☐ Yes ☐ No
  6. Do you feel afraid of leaving your home? ☐ Yes ☐ No
  7. Do you have recurrent thoughts or images that refuse to go away? ☐ Yes ☐ No
  8. Do you feel compelled to perform certain ☐ Yes ☐ No
  9. Do you persistently relive an upsetting event from the past? ☐ Yes ☐ No

Answering "Yes" to more than four of these questions can indicate an anxiety disorder.

Suffering from depression, too much stress or excessive anxiety can endanger your overall health. Moreover, stress and anxiety can lead to panic attacks, which can be a serious situation. It is time to take steps to overcome this – RIGHT NOW! Let's explore the subject of panic attacks.