



Do you feel like you've lost your "zest" for life?
Take a look at the checklist below and check your mood.

- Loss of interest in previously enjoyed activities;
- Feelings of sadness or grief lasting more than two weeks;
- Loss of energy, feeling tired all the time;
- Physical symptoms that can't be otherwise explained (headaches, stomach aches, constipation, etc);
- Feelings of worthlessness;
- Feelings of hopelessness;
- Feelings of guilt;
- Not able to concentrate or think clearly;
- Changes in appetite (either eating too much or too little);
- Change of sleeping patterns (sleeping too much or too little).

If you've checked four or more of the above, it may be time to talk to someone. Senior Life Solutions offers a free, confidential consultation. We specialize in the care of late life depression. We believe quality of life does not have to stop as we get older. We can help!



308-832-3400 opt. 4.