

# THE 3 A'S OF DEPRESSION



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# 1.

## ANHEDONIA

- Little-to-no capacity to experience joy
- Lack of interest in daily activities
- Loss of libido
- Withdrawal
- Numbness

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# 2.

## ANERGIA

- Lethargy
- Low energy
- Inability to complete tasks
- Tiredness
- Sleeping more than normal

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# 3.

## ABULIA

- Apathy
  - Emotional indifference
  - Diminished social interest
  - Lack of drive, will and motivation
  - Absence of speech and action
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