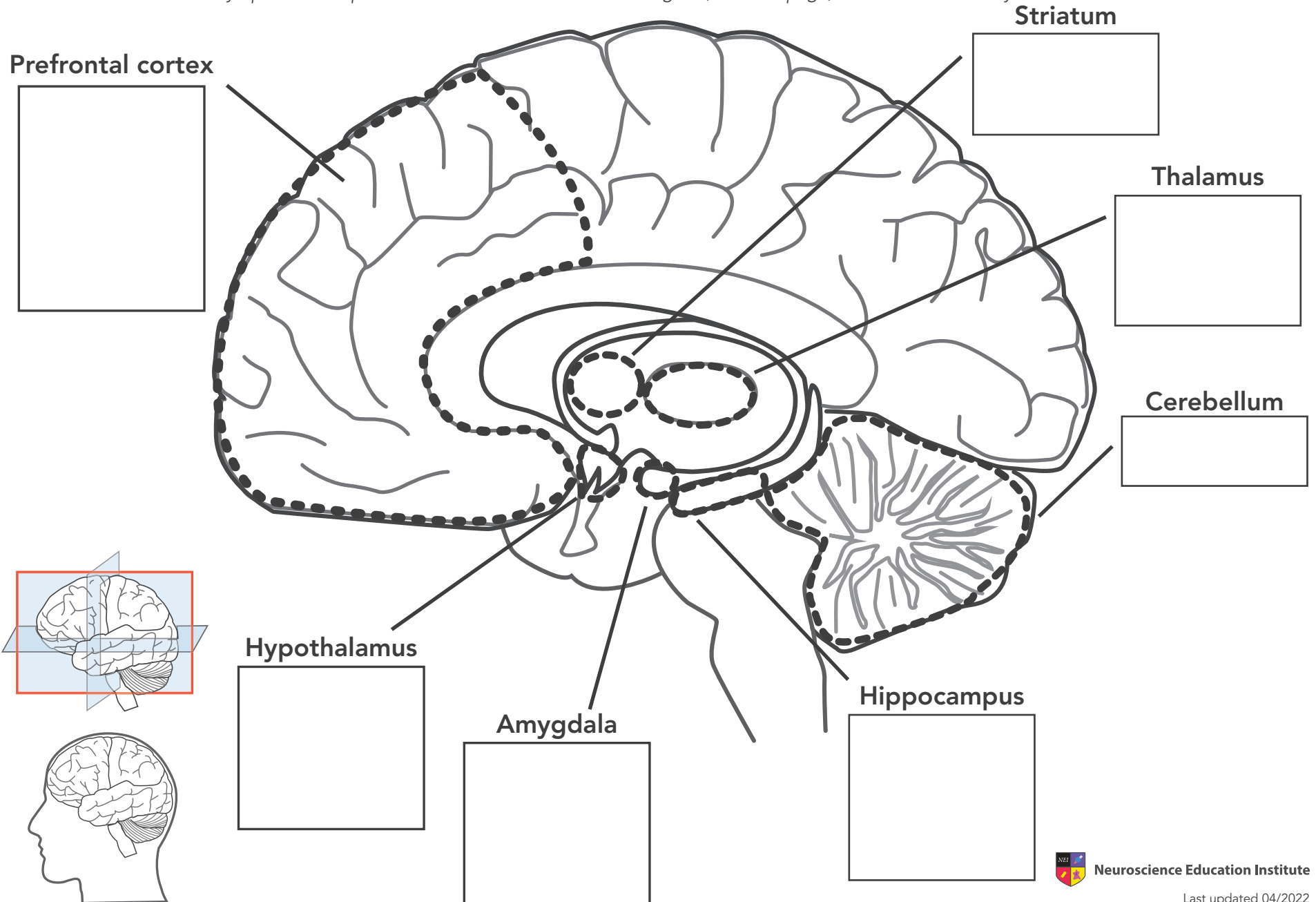


# Depression Neurobiology Coloring Page

Write in the symptoms of depression associated with each brain region (see back page) and color each with your favorite colors!



# Depression Neurobiology Coloring Page

Symptoms of Depression	Description of Symptoms	Associated Brain Regions
Anhedonia	Lack of interest or pleasure	Prefrontal cortex, Striatum
Changes in appetite	Reduced appetite and weight loss or increased food cravings and weight gain	Hypothalamus
Changes in movement	Slowed movement or restlessness	Prefrontal cortex, Striatum, Cerebellum
Changes in sleep	Sleeping too little or too much	Hypothalamus
Concentration problems	Decreased ability to focus your thoughts on something	Prefrontal cortex
Fatigue	Feeling of constant tiredness or weakness, which can be mental or physical	Prefrontal cortex, Striatum
Guilt	Negative perceptions of the self, feelings of distress, and feelings of failure	Prefrontal cortex, Amygdala
Sad mood	Feelings of unhappiness	Prefrontal cortex, Amygdala, Hippocampus, Thalamus
Suicidality	Frequent or recurrent thoughts of death, suicidal thoughts, or suicide attempts	Prefrontal cortex, Amygdala
Worthlessness	A sense of hopelessness and insignificance	Prefrontal cortex, Amygdala

