



**Providence
Medical Center**



Do You Feel You've Lost Your Zest For Life?

Take a look at the checklist below and  check your mood

- Are you the primary caregiver for a friend or loved one?
- Do you feel hopeless, like you've lost control of your life?
- Do you have a chronic health condition?
- Do you feel isolated or lonely?
- Have you experienced a loss of energy or feel tired all the time?
- Have you experienced changes in appetite?
(eating too much or too little)
- Have you experienced changes in your sleeping patterns?
(sleeping too much or too little)
- Have you experienced feelings of sadness or grief lasting longer
than two weeks?
- Have you had a recent health diagnosis?
- Have you had trouble concentrating or thinking clearly?
- Have you lost interest in activities you previously enjoyed?
- Have you recently lost a loved one?

If you checked any of the boxes above and would like to talk to someone, our program can help answer questions confidentially.

We believe quality of life doesn't have to stop as we age.

Contact us today, we may be able to help.

(402) 375-7958