

EFFECTS OF ANTI ANXIETY and ANTI DEPRESSANT MEDICATION ON COGNITION

Many Individuals take medication to control anxiety and depression in our society. Some literature reports up to 65% of Americans take these medications at some time in their lives. Although they do provide symptom relief they may also impair our ability to think clearly.

What Individuals may complain of:

Feeling sedated

Fatigue

Headache

Upset Stomach

Dizziness

What you experience working with them:

Decreased Attention

Limited Ability to Remember

Difficulty Planning

Difficulty Being Organized

Difficulty with Change

Limited Ability to Learn New Information