

Depression Symptoms Examples:

- 1."I feel completely unmotivated, unable to concentrate, and often have a persistent sense of hopelessness."
- 2."I wake up every day feeling tired and uninterested in activities I used to enjoy. I have no appetite and feel isolated."
- 3."I frequently cry without reason, feel worthless, and struggle to make decisions or focus on tasks."

Anxiety Symptoms Examples:

- 1."I frequently experience panic attacks, overthinking, and trouble sleeping, especially during stressful situations."
- 2."I avoid social situations because I fear judgment, and my mind keeps replaying worst-case scenarios."
- 3."I have trouble concentrating, always feel restless, and experience excessive worry about minor things."

Diabetes Type 2 Symptoms Examples:

- 1."I feel constantly thirsty, even after drinking a lot of water, and I need to urinate frequently, especially at night."
- 2."I've been experiencing frequent infections and intense hunger, even shortly after eating a meal."
- 3."I've noticed slow healing of cuts and sores, along with constant thirst and blurred vision over the past few weeks."

High blood pressure Symptoms Examples:

- 1."I've been feeling dizzy and lightheaded, especially when I stand up quickly, and my doctor says it's due to high blood pressure."
- 2."I often experience headaches, especially at the back of my head, and my doctor mentioned that high blood pressure could be the cause."
- 3."I've noticed that my heart sometimes feels like it's racing or pounding, and I was told it's related to high blood pressure."

Insomnia Symptoms Examples:

- 1."I can't fall asleep at night no matter how tired I am, and when I finally doze off, I wake up frequently throughout the night."
- 2."I have trouble staying asleep, waking up multiple times in the middle of the night, and I feel exhausted in the morning."
- 3."I've been dealing with constant restlessness and have had trouble falling asleep, even after a long day."

Migraine Symptoms Examples:

- 1."Every time I have a migraine, the pain is so intense that it makes it impossible to concentrate, and I feel like I need to lie down in a dark, quiet room."
- 2."I experience sudden, sharp headaches along with blurred vision and sometimes even aura. My doctor confirmed that these are typical migraine symptoms."
- 3."The migraine attacks I get come with a throbbing pain, nausea, and dizziness. Bright lights and loud sounds make the condition worse, and it usually lasts for hours."

